

*where we live*  
**HURST★TEXAS**

SUMMER 2018

Water Safety

Fire Prevention

Election Information





# where we live

## In This Issue

Wellness & Health.....	4
Safe Living.....	6
Senior Services.....	10
Our Community.....	16
Public Library.....	26
Recreation Center.....	32
Park System.....	74

## City Staff

- Clay Caruthers** City Manager
- Allan Heindel** Deputy City Manager
- Greg Dickens** Executive Director of Public Works
- Rita Frick** City Secretary
- Steve Niekamp** Police Chief
- David Palla** Fire Chief
- Matia Messemer** Executive Director of Human Resources
- Steve Bowden** Executive Director of Economic Development and Tourism
- Clayton Fulton** Executive Director of Strategic and Fiscal Services
- Malaika Farmer** Executive Director of Administration and Customer Service
- Michelle Lazo** Executive Director of Planning and Community Development
- Kara McKinney** Public Information Officer



## On the Cover

Hurst Stars and Stripes is one of the best Fourth of July celebrations in DFW! If you've never joined us before, make plans to this year! It's going to be bigger and better than ever. It's a great opportunity to get your friends and family together to listen to great music, enjoy food from unique food truck vendors, and of course, fireworks! As you can see from the cover photos, this is quite the celebration! For all the details, check out page 62.



## Mayor's Message

I'm going to start off this message by saying what an honor it has been serving this incredible city. After spending eight years as a city council member and 14 years as your mayor, I will be retiring in May. During these years, I have seen this city transform, yet still hold onto its small town community values, and I am confident the future city council and mayor will continue leading Hurst in the right direction.

A couple of my favorite projects that I have been fortunate to be a part of were the renovation of the Hurst Public Library and the development of the Hurst Conference Center. The library is a wonderful facility, and I love that it offers so many resources to our residents. The Hurst Conference Center has been such a unique addition to our city, and I am proud that we have a beautiful place to host people and businesses from all over. I always had so much fun with my fellow council members and city staff, and although we worked really hard, we always seemed to have a good time while we were doing it. I certainly couldn't have been as successful during my time serving the city if it weren't for my beautiful wife, Sue. She's been a constant supporter and encourager, and I'm so thankful for her. We have lived in Hurst for more than 55 years, and although I am retiring, we will continue to be active community members and plan to see you at our many events in the future. Where you'll probably spot us the most will be walking the neighborhood with our sweet dog, Molly.

Summer is a great time in Hurst, and you'll read about all of the exciting things coming up in this issue. Make this a summer to remember by trying out a new class at the rec center, taking your family to one of our aquatic centers or attending Hurst Stars and Stripes.

Thank you for allowing me the opportunity to serve you and this city. Hurst is filled with so many wonderful people who care a great deal about making our city the best it can possibly be. I look forward to what's to come for the future of the City of Hurst.

- Mayor Richard Ward

## City Council

**Richard Ward** Mayor  
**Henry Wilson** Mayor Pro Tem  
**David Booe** Council Member  
**Bill McLendon** Council Member  
**Trasa Cobern** Council Member  
**Nancy Welton** Council Member  
**Larry Kitchens** Council Member

## The Social Media Connection

### City of Hurst

**WEBSITE:** [www.HurstTX.gov](http://www.HurstTX.gov)  
**FACEBOOK:** @CityofHurstTX  
**TWITTER:** @TheCityofHurst  
**INSTAGRAM:** @CityofHurstTX  
**NEXTDOOR:** City of Hurst

### Hurst Public Library

**WEBSITE:** [www.HurstTX.gov/Library](http://www.HurstTX.gov/Library)  
**FACEBOOK:** @HurstPublicLibrary  
**TWITTER:** @HurstLibrary  
**INSTAGRAM:** @HurstPublicLibrary

### Hurst Police Department

**FACEBOOK:** @HurstPoliceDept  
**TWITTER:** @HurstPoliceDept  
**NEXTDOOR:** Hurst Police Department

### Hurst Conference Center

**WEBSITE:** [www.HurstCC.com](http://www.HurstCC.com)  
**FACEBOOK:** @HurstCC  
**INSTAGRAM:** @HurstConferenceCenter

### Hurst Recreation Center

**FACEBOOK:** @HurstParksandRecreation  
**INSTAGRAM:** @HurstParksandRecreation

### Hurst Fire Department

**TWITTER:** @HurstFireDept

### Hurst Senior Activities Center

**FACEBOOK:** @HurstSeniorActivitiesCenter



# *Water:* Creative Ways to Stay Hydrated

Summer is coming and, with it, the hot temperatures! When temperatures rise, staying hydrated becomes even more critical. The first step to learning about hydration is to determine just how much water you need each day. The simplest way to do that is to take your body weight in pounds, divide it by two, and this equals the number of ounces you should try to drink each day. For example: Betsy is 150 pounds,  $150 / 2 = 75$ . She should aim for 75 oz. of water each day.

Now the real debate begins... Do your hydration needs have to be met with plain water? Or can you use other foods and beverages to meet your hydration needs? Our recommendation is that you aim to meet your needs with plain water, because it is best absorbed and utilized by your body. Then you can consider any extra hydration you get bonus for your body. More questions that might pop into your mind at this point are:

What if I hate plain old water? What can I do to make myself drink more? Are there best brands of water to drink? What about alkaline water? What about infused water? While this article is too short to answer all of these, here are some quick ideas to help:

- Start your day off right with drinking 20-30 ounces of water before you do anything else
- Get a tough, portable water bottle or cup to take with you on the go so you can drink all the time
- Know exactly how much water your cup or water bottle holds so you can remember how much you get each time you drink it dry
- Set an alarm or reminder on your phone, watch or computer to help you remember to drink 4-8 ounces every hour

- Drink water as cold as you can get, it can help it taste better
- Add a slice of citrus or cucumber to your water if you need a little taste to help get it down. You can also use an infuser cup or bottle to add a little flavor to your drink
- Our water out of the tap is good quality here in Hurst, so drink up!

Did you know that foods can provide about 20% of your daily hydration needs? Fruits and vegetables are especially great sources of water. But which ones are the best for hydration? Here is a list of 10 perfect summertime foods, healthy for you and full of water! Be creative with how you can get them into your daily diet! Give our recipe a try to get some healthy hydration and wonderful tastes.

- 1) Melons- 91% water
- 2) Celery- 95% water
- 3) Citrus- 90% water
- 4) Iceberg lettuce- 96% water
- 5) Radishes- 95% water
- 6) Tomatoes- 95% water
- 7) Green peppers- 94% water
- 8) Cauliflower- 93% water
- 9) Strawberries- 91% water
- 10) Cucumbers- 97% water

# Cucumber Melon Salad



## Ingredients:

For the Salad: (organic when possible)

- 4 cups mixed diced watermelon, honeydew and cantaloupe
- 2 cups diced cucumber, seeded if there are seeds
- Salt to taste
- 1 teaspoon lemon or lime zest
- 2 tablespoons freshly squeezed lemon or lime juice
- 1 to 2 tablespoons chopped fresh mint
- 1 ounce feta cheese, crumbled
- 1/4 to 1/2 teaspoon Aleppo pepper or mild chili powder (to taste), or 1 serrano chile, minced
- 2 tablespoons extra virgin olive oil

## Directions:

- Chop up fruit and cucumbers
- Zest citrus and squeeze juice
- Combine all of the ingredients in a large bowl. Toss together just before serving.

**Makes 4 servings:** 1 serving = 258 calories, 9 g fat, 45g carbs, 4 g fiber, 4 g protein





# Meet Finn!



**Finn recently joined our aquatics team to help educate kids about summer safety in a fun, new way! Keep an eye out for him on social media and at both Central and Chisholm Aquatics Centers!**

## **Summer Essential Safety Tips with Finn**

With summer right around the corner, many people are planning outings or vacations that focus on the outdoors and water. Finn wanted to offer a few tips on staying safe:

### **Sun Safety:**

- Don't forget the sunscreen! The Center for Disease Control recommends a broad-spectrum sunscreen with a minimum of SPF 15. Make sure you apply to all exposed areas to ensure total coverage. Spray sunscreen sprays mainly in the air. Use a lotion to cover up, and don't forget to reapply often.
- Hats, sunglasses and long sleeves provide extra protection as well. Don't overlook the obvious – shade! Sit under a tree or umbrella for added protection.

### **Heat Safety:**

- Drink lots of water, and when you're finished, drink one more glass. Sodas, tea, coffee, etc. don't provide enough hydration on their own. Use lemon, lime or even cucumber to flavor your water.
- Limit strenuous activity to early morning or evening to avoid the hottest part of the day.

- Wear clothing appropriate for the heat that wicks sweat away from your body.

### **Water Safety:**

- It cannot be stressed enough to maintain constant supervision of your child in the water. This includes lifeguarded pools. Lifeguards are there for the safety of the entire facility, but only you know your child. Watch for signs of becoming overtired, and encourage them to take breaks. Use the break time to rehydrate and reapply sunscreen.
- Children and adults should wear U.S. Coast Guard approved lifejackets at all times on lakes, rivers, oceans; in any type of boat; and in pools if they cannot touch the bottom or cannot swim. USCG approved lifejackets have undergone and passed rigorous safety tests. Look for the seal with the approval number before you purchase a lifejacket.
- Enroll children in swim lessons. Swim lessons are designed to teach children how to swim in a way that is appropriate for their age and ability levels. Swim lessons should be repeated as needed. Swim lessons are not a substitute for supervision. Even Olympic swimmers have someone to watch them swim.

**Stop by our Hurst Aquatic Centers  
for additional tips from Finn.  
He will have a new safety tip  
every Wednesday!**

**Have a fun and safe summer!**

# Citizens Police Academy

*Begins Thursday, August 9 // 6:30 p.m.*



The Hurst Police Department sponsors the Citizen's Police Academy (CPA) with the goal of educating citizens of Hurst on the "Hows and Whys" of the Hurst Police Department and its operations. This is accomplished through a series of presentations and hands-on activities on Thursday evenings from 6:30 - 9:30 p.m. for 12 weeks. The CPA classes are held at the Criminal Justice Center located at 825 Thousand Oaks. The next Citizens Police Academy is scheduled to start August 9, 2018.

There is no cost to attend the CPA. Graduates of the Hurst Citizen Police Academy are NOT trained to be police

officers or vigilantes. The purpose of the CPA is to educate attendees so they can make informed judgments about the police department as they become ambassadors of goodwill to the community.

Each applicant must be at least 21 years of age, live or work in the City of Hurst and successfully pass a background investigation. Applications must be turned in no later than Thursday, August 3, 2018. To successfully graduate, each participant is required to attend at least 10 of the 12 sessions.

For more information and to apply online, visit [hursttx.gov/CPA](http://hursttx.gov/CPA).

## HCPAAA Fundraiser

The Hurst Citizens Police Academy Alumni Association (HCPAAA) is selling "Back the Blue" signs as a fundraiser to donate funds to the Hurst Police Department.

Members of the HCPAAA are great ambassadors for our city. They support our local law enforcement through dissemination of information, networking and service to our community through their volunteerism.

Signs are \$10, and cash only is requested. Call 817-788-7342 or email [emcamis@hursttx.gov](mailto:emcamis@hursttx.gov) to buy your signs today!



## Police to Citizen (P2C)

Since 2014, the Hurst Police Department has utilized Police to Citizen (P2C) to share public information with residents in a central location. Residents are encouraged to use P2C to report non-emergency incidents, request vacation house checks and enter officer commendations. You are even able to view our Daily Bulletin for Crime Reporting, view the Crime/Call Mapping and more.

Visit [hursttx.gov/p2c](http://hursttx.gov/p2c).

# Tree Limbs and Emergency Vehicles

---

We all love driving down country roads that are covered in a canopy of trees. We also love when emergency vehicles are able to respond to emergencies quickly and easily. Trees at 10 feet tall, especially with larger limbs that will eventually become even larger, can prevent response or damage emergency vehicles when driving past such trees. It makes it even more difficult if they are on both sides of the street. If a low tree is on one side of the street and parked cars are on the other, this also can block a larger vehicle from safely passing. The required clearance from the road has been raised from 10 feet to 14 feet to allow for safe passage of emergency vehicles. This height change has been a request of the Fire Department since 2002. Fire apparatus (at 10 to 12 feet tall) have always had to be very careful responding down residential streets, and we still have damaged vehicles from low hanging limbs, which sometimes takes vehicles out of service for several weeks. Larger thoroughfares in Hurst have always required



a 14-foot clearance, and surrounding cities have had this requirement for quite some time.

We would never want you to cut trees for no reason. The need to move emergency vehicles down a street without damaging them is a necessity, and we appreciate your partnership in helping us be able to get where we need to be as quickly as possible and keep our emergency vehicles free from damage and in service.

## Crime Prevention

---

Historically, during the summer months of the year, certain types of crimes increase. Typically, there is an increase in automobile break-ins and thefts of lawn equipment. These are crimes of opportunity, which means that they are preventable if you follow a few simple tips. Most of the automobile break-ins occur when the owner leaves the vehicle unlocked and something of value is left in the vehicle, usually in plain sight. These are preventable by simply locking your vehicle and hiding or removing valuables from your vehicle whether at home, at the store or gym.

Thefts of lawn equipment increase during the summer months and are also crimes of opportunity. Most thefts occur while the homeowner is at the residence out working in the yard. The garage door is left open or lawn equipment such as

blowers and weed eaters are left out in the driveway. Thieves will prowl neighborhoods and grab unsecure lawn equipment from driveways, yards or open garages while the unsuspecting homeowner is out working in the yard.

**Please help stop these thefts by locking your vehicles and removing valuables from within the vehicle.** Keep an outside light on illuminating your driveway and vehicles at night. Secure your lawn equipment in your garage, and keep the garage shut and your house locked while you are in another area of the yard working or even when inside your home. By working together, we can reduce the opportunity for thieves to commit these crimes and make our community a safer place for everyone!



# ***FIRE PREVENTION*** *with Chief Palla*

**One of the most common causes of house fires are electrical fires.** Home electrical fires account for an estimated 51,000 fires each year, nearly 500 deaths, more than 1,400 injuries and \$1.3 billion in property damage. We sat down with Chief Palla to learn more about steps to take to prevent electrical fires.



**In your experience, what are the most common causes of electrical fires?**



Overloaded circuits and improperly installed electrical equipment are two of the most common causes of electrical fires. Extension cords should only be used as a temporary measure, and you should never plug a surge protector into another surge protector (piggy-backing). Any time you have electrical work done at your house, it should always be done by a licensed electrician so that you know the installation was done properly with compatible components. Also, once the power cord to an appliance is damaged, it should no longer be used.



**What are signs of electrical outlets being a shock or fire hazard?**



The most obvious sign of an issue would be if the breaker were to trip repeatedly. A lot of people think that just resetting the breaker will fix the problem, but in actuality, it can hide the issue that the tripped breaker is protecting you from. Also, you should never tape a breaker in the open position. This defeats the purpose of a breaker and does not allow it to interrupt the flow of electricity when needed. If you ever see sparks from an outlet or notice heat damage such as yellowing of the wall plug, you should turn off the breaker and have it evaluated by an electrician.



**How do I know my lamps and light bulbs are safely installed?**



Always use the wattage of bulb called for by the appliance. If you're unsure or don't have the instructions from when you bought the appliance, many times you

can look up the model number of the lamp to find an online copy of the instructions. You can also call the manufacturer.



**What steps should I take to prevent electrical fires with young children in the home?**



With very small children, the safest thing to do is install plug covers. Aside from that, be vigilant if you notice your small child playing with an outlet or power cord, and tell them to stop. Once they are old enough, talk to your kids about the dangers of electricity and to never stick anything in an outlet.



**How do I know if my home's electrical wiring is defective?**



If you have concerns about the electrical wiring in your home, the safest thing to do is have it inspected by a licensed electrician.



**What should I do if an electrical fire has started in my home?**



We recommend having at least one ABC fire extinguisher in your house. ABC is not a brand name; rather what types of fires the extinguisher is to be used on. The A is for ordinary combustibles (most house fires), the B is for flammable liquids such as gasoline, and the C is for electrical fires. If you can safely use the extinguisher on the small fire, then you should use the PASS technique. Pull the pin, Aim at the base of the fire, Squeeze the handle, and Sweep back and forth. If you have any doubt of whether you can do this without putting yourself in danger, GET OUT OF THE HOUSE AND CALL 911. Do not put water on what you think might be an electrical fire.

## Senior Center



### Membership Information

Monday, Tuesday, Wednesday, Friday: 7:00AM–7:00PM // Thursday: 7:00AM–9:00PM

The Hurst Senior Activities Center is open to seniors only, ages 55 and over.

- Membership is required in order to use the Senior Center amenities or participate in activities and programs. (Occasionally, we will offer special programs that are open to the general public.)
- Membership is valid for one year and must be renewed annually.
- Membership includes many free classes, programs and activities, use of our state-of-the-art fitness room and access to aquatics programs. Please note that some classes and programs may require nominal fees.

#### Senior Center Membership Fees:

- Hurst Residents – \$20 per membership year. (Equivalent of about \$1.67 per month.)
- Nonresidents – \$80 per membership year. (Equivalent of about \$6.67 per month.)
- As a member of a Medicare Advantage or Medicare Supplement plan, you may be eligible for a no-cost or low-cost membership through the Silver & Fit or Silver Sneakers program.
- In order to receive the Hurst resident rate, please bring your Hurst water bill, Hurst property tax statement or Hurst apartment lease and your photo ID as proof of residency.

## Lunch Program

The Senior Center offers a weekly meal program called "A Quick Bite." On Tuesdays, for only \$5, you get a cup of the soup of the day, your choice of the entrée of the day or a sandwich with a bag of chips and a pickle. All lunches come with a dessert. Grab a friend, and stop by the Senior Center for "A Quick Bite!"

The lunch program policies and details are as follows:

- You must register at the front desk for lunch and complete "A Quick Bite" menu selection slip. Payment is expected at the time of registration. Registration can be made any time prior to 10 a.m. on Tuesdays. Reservations will not be accepted after 10 a.m. No exceptions.
- The kitchen staff and volunteers cannot take payments. Please pay for lunch at the front counter and obtain a receipt. The receipt is only valid for the date lunch was purchased. No refunds or rain checks for lunches will be issued.
- Quantities may be limited and may sell out before 10 a.m.
- All meals are encouraged to be consumed on the premises. Taking food home from the meal site is done at your own risk. To-go boxes are not available.
- Due to health code policies, personal food items cannot be held in the kitchen refrigerators. Lunches will be available for pick-up on Tuesdays between noon and 12:30 p.m. Lunches not picked up by 12:30 p.m. must be discarded.

## Donor Board

Did you know that you can give to the Senior Center Donation Fund? Donations are used to purchase non-budgeted items for the Senior Center. Donations are recognized through the Donor Board located on the east side wall of the building next to the staff offices. A plaque inscribed with your choice of inscription (space limited) will be placed on the board based on the following levels of donation:

- **Bronze – \$250**
- **Gold – \$1,000**
- **Silver – \$500**
- **Platinum – \$2,000+**

For more information or to make a donation, contact the Senior Center Director Linda Rea at 817-788-7710.

## Contact Information

700 Heritage Circle  
Hurst, TX 76053  
817-788-7710

## The Social Media Connection

Did you know that the Hurst Senior Activities Center is now on Facebook? Stay up to date on current happenings, find pictures of recent events and more! Follow us, like us and share us: @HurstSeniorActivitiesCenter

## Registration Policy

Registration is required for most scheduled classes, activities and programs. Registration opens the first business day of each month at 8 a.m. and continues throughout the month. You must have an active Senior Center membership or day pass in order to register for classes. Any applicable fees must be paid at time of registration unless otherwise noted. Save time and register online by visiting the Senior Center website: <http://www.hursttx.gov/residents/senior-services>. To get started with online registration, you will need to visit the Senior Center to activate your account.

## Senior Center Advisory Board

Chair: **Marcy Davis**  
Vice Chair: **Gerald Grieser**  
**Doris Young, Bob Hampton, John Smith, Joan Stinnett, Barbara Albright, Durwood Foote and Marie Perry**

## Senior Center Staff

HSAC Director: **Linda Rea**  
Activities Supervisor: **Michelle Varley**  
Administrative Assistant: **Laura Gore**  
Activities Assistant: **Linda Provence**  
Front Desk Attendants:  
**Diana Conway**  
**Tammy McDonald**  
**Jorji Northrop**  
**Gayle Stevens**



## Senior Center Upcoming Events & Classes

Here are just a FEW of our upcoming special events. (You must be a member to participate. Sign-up and fees may be applicable.)



### Breakfast Club

Wake up and get up to the Senior Center for a hearty breakfast! Each month features a different breakfast entrée, from a fresh made Belgian waffle to gravy and biscuits or tasty breakfast enchiladas. Check the Senior Pipeline for the breakfast entrée of the month. Breakfast is served with juice, coffee and fresh fruit.

8:00-9:00AM // Wednesday // 5/23 // \$4  
8:00-9:00AM // Wednesday // 6/27 // \$4  
8:00-9:00AM // Wednesday // 7/25 // \$4

### Soup and Salad for Lunch

Come to the Senior Center for lunch! Enjoy a hearty bowl of soup and a healthy salad hosted by Green Valley Healthcare & Abiding Home Health of DFW. Soup and salad will be available on the 2nd Thursday of each month for only \$3 per person.

11:30AM-12:30PM // Thursday // 5/10 // \$3  
11:30AM-12:30PM // Thursday // 6/14 // \$3  
11:30AM-12:30PM // Thursday // 7/12 // \$3

### Movies & Munchies

Each month (typically the first Friday) we offer a current movie, complete with hearty munchies that includes popcorn, soda and more. See the Senior Pipeline for movie title, description and rating.

1:00-3:00PM // Thursday // 5/4 // \$3  
1:00-3:00PM // Thursday // 6/1 // \$3  
1:00-3:00PM // Thursday // 7/6 // \$3

### Spud & A Show

Get out of the house and come enjoy a loaded baked potato bar and a classic movie. Please sign up in advance so we can prepare accordingly. See the Senior Pipeline for movie title, description and rating.

5:30-8:30PM // Thursday // 5/17 // \$3  
5:30-8:30PM // Thursday // 6/19 // \$3

### Document Shredding

Start your spring cleaning by clearing out your old files. Bring your papers and documents to the Senior Center to be shredded. All shredded material is securely recycled. By participating, you will save trees, water, landfill space, oil and electricity!

10:00AM-Noon // Friday // 4/27 // Free

### Tango Dance Lessons for Beginners

Mark and Susan O'Brien will be bringing this special five-week Tango Dance workshop for couples. Learn choreographed tango as well as technique. Class is limited to couples ONLY. One-time fee is paid at time of registration and is for the entire class series. No refunds or credit for missed classes.

11:15AM-12:15PM // Friday // 4/27-5/25 // \$40/couple

### Nutrition & You

We've all heard the saying "You are what you eat." Come to this new series of monthly classes where Nutritional Health Coach Sinead McCourt will cover topics about the importance of what you put into your body. All attendees will receive a \$5 discount coupon. Sponsored by Natural Grocers.

**April** – How Your Body Really Works (or doesn't): Why Take That?

**May** – How Your Body Really Works (or doesn't): Why Eat This?

**June** – Protect Your Skin from the Inside Out: Why sunscreen is not enough.

**July** – Lutein for Eye, Skin, and Brain Health: What can lutein do for you?

2:00-3:00PM // Friday // 4/27 // Free

2:00-3:00PM // Friday // 5/25 // Free

2:00-3:00PM // Friday // 6/22 // Free

2:00-3:00PM // Friday // 7/27 // Free

## Senior Center Upcoming Events & Classes

(You must be a member to participate. Sign-up and fees may be applicable.)

### Winstar Trip

It's time for our annual trip to Winstar! A chartered deluxe motor coach will pick you up and drop you off at the Senior Center. Senior Center membership is not required, so friends and family are welcome to join us. We should arrive at Winstar in plenty of time for you to enjoy the free Senior Breakfast at the Gran Via Buffet. You must sign up in advance. Please plan to arrive early for departure as the bus will leave promptly at 8:00 a.m.

8:00AM-6:00PM // Wednesday // 5/2 // \$30

### CarFit Check

CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. A team of trained technicians work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety. CarFit checks are FREE and take approximately 20 minutes to complete. You must schedule an appointment and sign up at the front desk. Sponsored by Baylor Scott & White and TxDot.

10:00AM-2:00PM // Friday // 5/18 // Free

### Men's Luncheon & Poker

Attention all men of the Senior Center! Join us for a fabulous BBQ lunch catered by Soulman's Bar-B-Que. Lunch is \$5. Please sign up in advance. Following lunch join in on some classic Dealer's Choice Poker. No charge for poker playing, but please register so we are sure to recruit enough dealers.

Noon-3:00PM // Friday // 6/15 // \$5

### Ice Cream Social

It's time again for this annual summer favorite event. A variety of area businesses will be here to tempt your taste buds with their flavor of creamy goodness. Be prepared to try your old favorites as well as test some unique new flavors. Be sure to sign up early.

2:00-3:00PM // Friday // 6/29 // Free

### Summer Fun with Your Grandkids

Bring your grandkids to the Senior Center for an afternoon of fun and activities! Enjoy a pizza lunch, crafts, games, photo opportunities and a make your own sundae bar!

Noon-2:00PM // Friday // 7/20 // \$5 per person

## Senior Center Upcoming Fitness Classes

### Aquatics Classes

Purchase a 5 class Punch Card for \$20. Come when it's convenient for you. No worries about missing a class. (Card only applies to instructor led aquatics classes.)

### Silversneakers Splash!

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a kickboard or other aquatic equipment is used to improve strength, balance and coordination. Fees are waived for SilverSneakers members this class only. **Instructor: Rosy Pritchett**

10:00 - 10:55AM // MW // Punch Card

### Aqua Zumba

This class is perfect for those looking to add a low-impact, high-energy aquatic exercise to their fitness routine. Benefits include less impact on your joints during class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. **Instructor: Rosy Pritchett**

11:00 - 11:55AM // MW // Punch Card



### Water Wellness

A great water workout if you have sore or tight joints, lower back pain, balance issues, or general aches and pains. Come try this gently paced water wellness class to ease your symptoms.

**Instructor: Off the Deep End Aquatics**

10:00 - 10:55AM // TTh // Punch Card

### Work it in Water

This class will help you improve your cardio strength, endurance, and muscle tone. Aqua weights, noodles, and kick boards, along with your own body weight will be used to maximize your workout. **Instructor: Off the Deep End Aquatics**

11:00 - 11:55AM // TTh // Punch Card

### Unstructured Water Time

Use of the pool for unstructured water time is available on FRIDAYS in two 55 minute increments. Water noodles and kick boards are available for your use. Inflatable flotation devices are prohibited. **\$5/month per session.**

10:00 - 10:55AM // Friday // \$5

11:00 - 11:55AM // Friday // \$5

## Senior Center Fitness Classes

(You must be a member to participate. Sign-up and fees may be applicable.)

### Group Fitness

Registration for our Group Fitness is required on a per month basis. Registration opens on the first business day of the month. Class fees range from \$2.50 to \$5 for a single class. Most classes meet weekly, averaging four times per month.

### Ageless Grace

A program that works on all 5 functions of the brain as well as the 21 primary physical skills we need for aging youthfully. Designed so that almost anyone of any age, ability, body-type, size or with any physical challenge can participate and benefit from the simple tools for lifelong comfort and ease. **Instructor: V'Ann Giuffre**

10:30 - 11:15AM // Wednesday // 4WKS // \$10

### Tai Chi

Chinese system of slow meditative exercise designed for relaxation, balance, and health. **Instructor: Chot Pham.**

9:00 10:00AM // Wednesday // 4WKS // Free

### Non-Contact Boxing

A great way to improve agility, speed, endurance, accuracy, balance, hand-eye coordination, footwork and overall strength. This class is designed with Parkinson's patients in mind, but anyone can benefit from the exercise and is welcome to participate. **Instructor: Rosy Pritchett**

4:00 - 4:45PM // Wednesday // 4WKS // \$10

9:00-9:45AM // Friday // 4WKS // \$10



### Fit Start | Exercise

Instructor led fitness class designed for those just starting to exercise and also for those with low mobility. Encompasses movements to strengthen the upper body and core, increase flexibility, and improve cardio health and stamina.

**Instructor: Jeri Worl**

9:00 - 10:00AM // Tuesday // 4WKS // \$10

9:00 - 10:00AM // Thursday // 4WKS // \$10

### SilverSneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Includes use of hand-held weights, elastic tubing and balls for resistance. A chair is available if needed for seated or standing support. Fees are waived for SilverSneakers members this class only. **Instructor: Debbie Melchiorre/Rosy Pritchett.**

8:00 - 9:00AM // Monday // 4WKS // \$10

5:00 - 6:00PM // Tuesday // 4WKS // \$10

8:00 - 9:00AM // Wednesday // 4WKS // \$10

5:00 - 6:00PM // Thursday // 4WKS // \$10

### Zumba Gold

This class is designed for active older adults that like to move! Easy to follow Zumba choreography that focuses on balance, range of motion and coordination. Benefits include cardiovascular, muscular conditioning, flexibility and balance.

**Instructor: Rosy Pritchett/Kalyn Worthey**

10:30 - 11:15AM // Tuesday // 4WKS // \$16

10:30 - 11:15AM // Wednesday // 4WKS // \$16

### Back, Shoulders & Balance

You will work to gain muscular strength, increase muscle tone and stretch with purpose in your back, shoulders and areas of balance. Expect to improve your ability to get out of bed, get out of a chair, maintain your posture and alleviate back muscle pain. **Instructor: Rosy Pritchett**

4:30-5:15PM // Monday // 4WKS // \$10



## Senior Center Fitness Classes

(You must be a member to participate. Sign-up and fees may be applicable.)



### Strengthen on Your Mat

A core strengthening class that combines pilates, basic exercise moves, and yoga.

**Instructor: Rosy Pritchett**

10:00 - 11:00AM // Friday // 4WKS // \$10

### Hatha Yoga

Incorporates the use of postures and stretches linked with the breath to develop flexibility. A combination of floor and standing poses is used to create a flow of movement that encourages proper alignment, balance and opening of the body. **Instructor: Tyler Kuelbs/Aimee Larson**

2:30 - 3:30PM // Tuesday // 4WKS // FREE



### Chair Yoga

A practice that modifies yoga poses so that they can be done while seated in a chair. These modifications make yoga accessible to people who cannot stand or lack the mobility to move easily from standing to seated to supine positions. Many of the basic body mechanics of the individual postures are retained, no matter the stance of the practitioner. While seated on chairs, students can do versions of twists, hip stretches, forward bends, and mild backbends. **Instructor: Tyler Kuelbs/Aimee Larson**

3:45 - 4:45PM // Tuesday // 4WKS // FREE

### Gentle Yoga

Incorporates the adaptation and application of Yoga techniques and practices to help individuals facing health challenges at any level manage their condition, reduce symptoms, restore balance, increase vitality, and improve attitude. Students should be able to get up and down from the floor on their own. **Instructor: Rachel Cowley**

1:00 - 2:00PM // Monday // 4WKS // \$16

### Restorative Yoga

Experience restorative yoga poses that let you relax deeply and consciously, allowing tension to release from the body and energy to flow. Postures are seated or lying down with the use of props for optimal comfort.

**Instructor: Michelle Varley**

3:30 - 5:00PM // Friday // 5/4 // \$5

3:30 - 5:00PM // Friday // 6/1 // \$5

3:30 - 5:00PM // Friday // 7/13 // \$5

# General Election and Special Election

**Saturday, May 5, 2018**

The City of Hurst will hold a General Election to elect persons to fill the offices of City Council Place 3 (Mayor), 4, 5 and 7 and a Special Election to elect a person to fill an unexpired term of City Council Place 6.

The Saturday, May 5 Election Day Polling Place will be at the Hurst Public Library, 901 Precinct Line Road, Hurst, Texas and will be open 7 a.m. – 7 p.m.

Early voting by personal appearance will begin on April 23 and will end on May 1. Hours designated for early voting by personal appearance:

**April 23-27/ Monday-Friday / 8 a.m. – 5 p.m.**

**April 28 / Saturday / 7 a.m. – 7 p.m.**

**April 29 / Sunday / 11 a.m. – 4 p.m.**

**April 30-May 1 / Monday-Tuesday / 7 a.m. – 7 p.m.**

Main early voting polling place: Tarrant County Elections Center, 2700 Premier Street, Fort Worth, Texas 76111

Early voting by personal appearance within the City of Hurst: Hurst Recreation Center, 700 Mary Drive

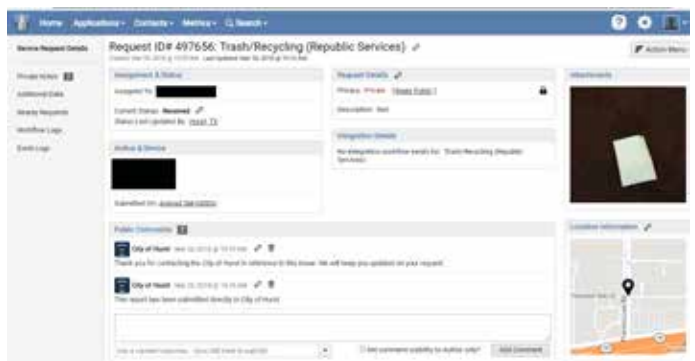
For a list of all available early voting sites and additional voting information regarding the May 5 General and Special Election, visit the Tarrant County Election website at [tarrantcounty.com/elections](http://tarrantcounty.com/elections) or contact the City Secretary's Office at 817-788-7043.

## Where We Live Mobile App

Wondering what happens when you submit a request using the Where We Live Mobile App?

When you submit a request for service via the Hurst Where We Live Mobile App, it is immediately routed to the appropriate staff member for resolution. Now, that's customer service!

Staff is able to see all the details of your submission, including photos, so be sure to snap a quick pic when you submit a request. The more information included in your request, the better. Your issue will be resolved as quickly as possible, dependent upon the type of request and circumstances, and you will be notified on the progress and closure of the issue.



If you haven't tried the app yet, now is the time! Download it today by searching Hurst Where We Live. Available for Apple and Android.



## Heritage Village Presents

One of our favorite services we get to offer our residents is a series of fun, free events that are available for the entire family to enjoy throughout the year. Hurst is well known for our sense of pride and community, and you'll see that first hand when you visit one of our Heritage Village Presents events! These events are held at Heritage Village Plaza, located at 841 W. Pipeline Rd. in the spring and fall.

Be sure to mark your calendar for Summer Kickoff on May 31! Pack a picnic dinner and bring a blanket or some lawn chairs, and enjoy a great start to summer! The fun begins at 6 p.m. with bounce house obstacle courses, a Touch-A-Truck exhibit and a photo booth to capture fun memories with friends and family! The Hurst Public Library will be onsite offering Summer Reading Club sign-up and information. Vocal Trash will be giving an exciting performance

from 7-8 p.m., and complimentary ice cream treats will also be available. For more information, contact Community Services at 817-788-7305. We can't wait to see you there!

### *Upcoming fall events:*

**September 6** – ¡Salsa y Salsa!

**October 4** – Dogtoberfest

**November 2** – Movie in the Park

## PD Non-Emergency Number **817.788.7180**

Here's a reminder about the Hurst Police Department non-emergency number!

Save this number in your contact list today, and if you're ever in a situation where something or someone needs

to be reported (and it's NOT an emergency), you'll have it readily available.

If it is an emergency, always call 9-1-1!



## Strategic Planning Retreat

Each spring, the city council holds its annual Strategic Planning Retreat. This meeting is critical for establishing the future vision of the city and providing direction to city staff in developing the annual budget. This year, council reviewed and affirmed the primary elements of their strategic plan including the city's mission, vision, strategic priorities and community values. Staff also provided the council an update regarding the Neighborhood Sustainability Plan. This plan was developed alongside community stakeholders to identify planning areas and potential redevelopment opportunities for the entire community. Council established the need to continue to invest in our community and allow for redevelopment while ensuring that we pursue projects consistent with our strategic plan.

During the Strategic Planning Retreat, the

city manager presented accomplishments and actions taken since the council's acceptance of the sustainability plan in October 2017. The city has actively worked to move the plan forward. For example, this past fall, the city hosted a Fall Festival at Bellaire Shopping Center and Vivagene Copeland Park. City stakeholders identified the Bellaire Shopping Center as a priority area with focus on retail, restaurants and community gathering spaces with an emphasis on the arts. The Fall Festival provided an opportunity for the community to come together, experience performances and eat good food. With attendance of over 3,000, this is a good first step and example of neighborhood sustainability in one of the city's 13 identified planning areas.

The Fall Festival was just the beginning. The city also completed a staff

reorganization to better align with sustainability plan recommendations, enhanced median landscaping along SH 10, held a neighborhood meeting in connection with the Echo Hills Park improvements and executed a redevelopment agreement to improve the Sprouts Shopping Center on Grapevine Hwy. Several other steps have been taken to ensure we are implementing the recommendations found in the sustainability plan. The city council will continue to meet periodically in the future to discuss accomplishments and evaluate project priorities.

We are thankful for the council's support and direction and acknowledge the valuable input from the community stakeholders. We look forward to Hurst's continued success in redevelopment and partnering with the community on neighborhood sustainability.



## What is the Neighborhood Sustainability Plan?

It is focus efforts on safeguarding neighborhoods, livability and reinvestment to address emerging challenges in our community.



## PALS and Basketball Camps *Applications available Monday, April 23 for currently enrolled 4th-5th grade students*

Due to space limitations, only the first 60 applicants will be accepted for PALS Camp and the first 48 applicants for Basketball Camp.

PALS Camp will be held from June 18 to June 22 from 9 a.m. to 2 p.m. The exact locations and activities have not been determined at this time.

Basketball Camp will be the week of July 16 from 9 a.m. to 3 p.m. This location has not been determined at this time.

Camps are designed to promote responsibility and teamwork. Law enforcement officers are approachable, trustworthy mentors working directly with campers.

Our camp schedule conflicts with summer school, so keep your grades up!

For more information or to apply beginning April 23, call 817-788-7342 or email [emcamis@hursttx.gov](mailto:emcamis@hursttx.gov).

## Youth in Government Update

This year's revamped Youth In Government program has been so much fun! We have a total of 12 students who represent HEB ISD and BISD. Students have learned about programs through our Police and Fire departments, the work Mission Central does for residents in need and how the city council process works. Students have also been shadowing various city employees in departments that interest them as well as volunteering at Mission Central and city events, earning quite a few volunteer hours! We are wrapping up the program serving on a house together through 6Stones' CPR program to help a Hurst family in need. These students have had a great opportunity to learn about how some of



our departments operate and how our community is thriving through the different partnerships within our city. This new style of the program has been very successful, and we look forward to continuing it for next year's program!





INTERESTED IN A CAREER IN LAW ENFORCEMENT?

BECOME A PROUD MEMBER OF  
THE HURST POLICE DEPARTMENT

*EXCELLENCE THROUGH TEAMWORK*



TO KEEP UP WITH ALL OPEN POSITIONS, VISIT  
[HURSTTX.GOV/OPENPOSITIONS](http://HURSTTX.GOV/OPENPOSITIONS)



# Get Connected through Hurst notification system

Want to be informed about your city? You're probably already in touch with the city through social media outlets such as Facebook and Twitter, but did you know that we also have an email/text notification system that allows you to be notified on topics that interest you? Topics include information on:

- Animal Shelter
- Aquatics
- Events
- Employment opportunities
- And more!

There are invitations throughout our website, [hursttx.gov](http://hursttx.gov), that lead you to be signed up for a particular topic depending on where you are in our site. For example, if you are looking at employment opportunities, you'll notice the red envelope on the jobs listing



page, which leads directly to signing up for only future employment opportunities.

You can visit [hursttx.gov/getconnected](http://hursttx.gov/getconnected) to sign up for a variety of topics and receive notifications from us!

## Volunteers in Action

April is volunteer appreciation month, and we couldn't appreciate our volunteers more! To honor them and show what their service means to us, they are recognized at our annual VIA Banquet. This year's banquet was held April 18 at the Hurst Conference Center. Over 200 volunteers attended and almost 50 volunteers were individually recognized for reaching a donated hours milestone. Special recognition is given to those volunteers giving 500 volunteer hours and up. This year, we honored some reaching 7,000 volunteer hours to the City of Hurst!

The theme for the banquet this year

was #hursthearts. We recognize that being a volunteer shows that you have compassion, kindness and want to give back. This is what our #hursthearts campaign is all about, and we couldn't think of a better way to honor the dedication and hard work of our wonderful volunteers.



In case you didn't know, our volunteer program started in 1979 and was the first municipal volunteer program in the State

of Texas! To date, our volunteers have donated over 600,000 hours, totaling just over \$9.5 million in services to the Hurst community since its inception in 1979.

In addition to our banquet celebrating all volunteers, we hold a Blue Jacket ceremony for those newer volunteers upon reaching 200 hours of service. They are recognized at a city council meeting. We had 11 blue jacket recipients this year, and they were recognized April 10, 2018.

Thank you to all of our amazing volunteers!





# HURST SUMMER FUN



To have some fun this summer, you won't even need to leave our city! Hurst has some of the best entertainment in the area, and you'll want to add some of our favorite spots to your list!

Putt-Putt recently underwent a major renovation and rebrand. They are now Alley Cats Entertainment, and they offer a wide variety of fun! They offer bowling, laser tag, an arcade, rock climbing, kiddie rides, go-karts, batting cages and putt-putt golf! And for those 21 and up, they have a modern bar and lounge area, known as 820 Bistro, with private bowling lanes. You can visit their website at [alleycatsbowl.com](http://alleycatsbowl.com) for all the details.

If you haven't tried iFLY out yet, this summer is the perfect time to! Experience the thrilling feeling of freefall as you float on a smooth cushion of air. If you're between the ages of 3-103, you could experience indoor skydiving! Visit [iflyworld.com](http://iflyworld.com) for more information.

Rave Cinemas at North East Mall is the perfect place to catch a new movie. They now have luxury loungers and have added alcoholic beverages to their menu to make your experience even more enjoyable. Check out their movies and showtimes online!

We hope you and your family have a fun and memorable summer!

# Citizen Survey

During our recent citizen survey, we asked you "If someone you knew was considering moving to Hurst, what is the most positive characteristic you would share with them about your city?" Here are a few of the responses!

“Excellent services for children and seniors. I feel very safe in Hurst. Very convenient place to live. Very fair tax rate. Good government that keeps residents informed of what's going on.”

“There is a lot of community involvement and the citizens are so neighborly and warm. The city officials also try to be available for discussions as well.”

“We have AMAZING parks!!!”

“The police in Hurst are first class. Hurst is a safe city. 911 response is the best. Parks and city events are very good, and the streets are well maintained.”

“The city cares about the people and will respond quickly and efficiently to any question you have. Another plus is having a mall and many different varieties of places to eat and things to do with family or friends.”

“Hurst has great schools, police, fire and churches. It is small enough to get to know easily and large enough to support necessary community needs. A great city - you will love living here!”

“The school system is great, and Hurst is a safe place to live. We have a lot of community activities.”

“Sound finances, city is careful with our money, it is safe, neighbors are kind, cost of living reasonable.”

“City has a small town feel of community while being close to big city amenities.”

“The city seems to be very interested in making the citizens happy. I've never experienced that anywhere else!”

“Centrally located in DFW with easy access to major highways making it a great place to live no matter where you work.”

“Good neighborhoods, good schools, low crime. There is almost everything you need or want in Hurst.”

We greatly appreciate everyone who took the time to take our citizen survey to let us know how we are doing. The city council takes your responses into consideration when developing the city budget each year and as they plan for future projects. We were left especially encouraged by your positive feedback about what you love most about your city!



# WATER CONSERVATION

*It all starts with you!*

## INDOORS

Over half the water use inside a home takes place in the bathroom.

- Turn off the water while shaving or brushing teeth. (Savings: up to 4 gallons a minute, or up to 200 gallons a week for a family of four!)
- Take short showers instead of tub baths; showers use less water. (If you keep your showers to less than 5 minutes, you'll save up to 1,000 gallons a month.)
- If you do take a bath, be sure to plug the drain right away and adjust the temperature as you fill the tub.
- Don't use your toilet as a wastebasket. Use a leak-free, high efficiency toilet. (Toilets are by far the main source of water use in the home: nearly 30 percent of residential indoor water consumption.)
- When washing your hands, turn off the water while you lather.



## KITCHEN:

### Cook up some real water savings

- Wash only full loads of dishes, and select the appropriate water level or load size option on the dishwasher.
- Do not use water to defrost frozen foods; thaw foods in the refrigerator overnight.
- Scrape, rather than rinse dishes before loading them into the dishwasher.
- Compost food waste instead of using the garbage disposal or throwing it in the trash.
- Keep drinking water in the refrigerator instead of letting the faucet run until the water is cool

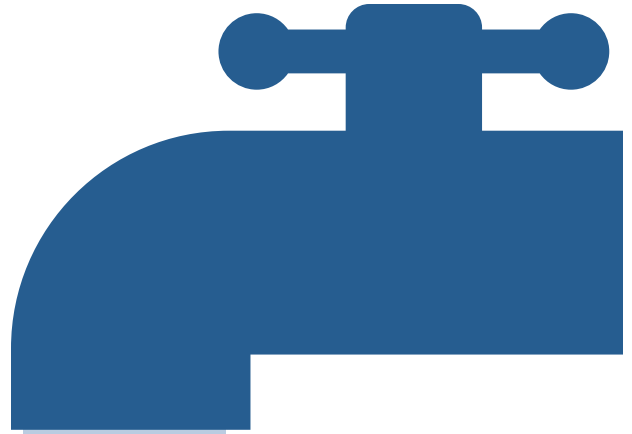
## LAUNDRY:

### Rinse out some real money savings

- Wash only full loads of laundry or use the appropriate water level or load size selection on the washing machine.



Water conservation starts with you. Using water efficiently and avoiding waste is essential to ensure that we have adequate water today and into the future. Water is a finite resource and the supplies on Earth today are no more than what was here at the beginning of the planet. It is up to all of us to use the water we have wisely, and it is as simple as each of us making small changes. Make conserving water a daily part of your life. And remember when you save water, you save energy and money!



- Consider purchasing a high efficiency washing machine, which can save over 50 percent in laundry water and energy use.

### **FIX LEAKS:**

#### **Always and everywhere**

- You can significantly reduce water use by simply repairing leaks in fixtures (faucets and shower-heads), pipes and toilets. A leaky faucet wastes gallons of water in a short period of time. A leaky toilet can waste 200 gallons per day. That would be like flushing your toilet more than 50 times for no reason!

### **OUTDOORS**

Of the estimated 29 billion gallons of water used daily by households in the United States, nearly 9 billion gallons (30 percent) is used outdoors. In the hot summer months, or in dry climates, a household's outdoor water use can be as high as 70 percent.

- Native and drought tolerant plants can make a beautiful alternative to unused turf areas in your

yard. WSU Cooperative Extension has many resources to assist home gardeners with landscaping using native plants.



- Purchase an inexpensive hose timer to avoid over-watering. Soaker hoses are also a great option for avoiding evaporation.
- Collecting rainwater to use on your landscape can help you save water outdoors.
- Many local water providers offer rebates on efficient irrigation devices.
- Use a broom or electric blower to clean driveways and sidewalks, rather than hosing them off.
- When washing your car, use an adjustable nozzle or sprayer and turn off the water stream while soaping your vehicle.

# Hurst Public Library

901 Precinct Line Road, Hurst, TX // 817-788-7300 // [www.HurstTX.gov/Library](http://www.HurstTX.gov/Library)



## HEB Reads – Libraries Rock! Summer Reading Club 2018 May 1-July 31



Books bring music to your life, and Hurst Public Library is the place to find books! Join the Summer Reading Club for reading fun, prizes, and lots of special events. Registration begins May 1st. Rack up your reading minutes after you've registered through July 31st. Special weekly programs and prize distribution begin the week of June 4th. Come to the Library to register or register online at [www.hursttx.gov/library](http://www.hursttx.gov/library).

The fun continues May 31st with Hurst's Summer Kickoff at Heritage Village from

6-8 p.m. featuring a concert by Vocal Trash at 7 p.m. The library will be on site offering Summer Reading Club sign-up and information on fun events that will be happening throughout the summer. Bring a picnic dinner and enjoy free inflatables, ice cream treats, and more!

You are also invited to come to one of the joint events to



register and celebrate summer reading:

**HEB Reads** – Saturday, May 5, 10 a.m. – 1 p.m. at Pennington Field in Bedford

**Birdville ISD Reads** – Saturday, June 2, 9 a.m. – Noon at the Fine Arts/Athletic Complex in NRH

Both of these collaborative events will have a wide variety of activities, food, and information about what's happening this summer at the various participating libraries in the area.



Monday, Wednesday, Friday, Saturday: 10:00AM-6:00PM // Tuesday, Thursday: 10:00AM-9:00PM



## Adult Programs

### Brown Bag Book Club

First Thursday of the month at noon in the library reading alcove.

Join us for an informal book discussion.

**May** – *Bridge Ladies* by Betsy Lerner

**June** – *Murder on the Orient Express* by Agatha Christie

**July** – *Small Great Things* by Jodi Picoult

**August** – *The Bettencourt Affair* by Tom Sancton

### Trinity Writer's Workshop

Join us for our writer's workshop!

7:00-9:00PM // Tuesdays

### Adult Games, Games, Games!

Come be a part of game night at the library! Play Scrabble, cards, Settlers of Catan, Ticket to Ride and more! Or bring your own game to share!

7:00PM // First Thursday // 5/3-8/2

### Foster Care & Adoption 101

Please join us for a Foster Care and Adoption Information Meeting co-hosted by ACH Child and Family Services – a local not-for-profit organization working toward making sure all foster and adoptive children in our community have a healthy and safe home.

ACH will go over the basic requirements to foster and/or adopt kids from our local community and will be happy to answer any questions about the process.

6:00PM // 5/17

## Ongoing Activities - Children

### Chess Club

Elementary School Ages + // 4:00-5:00PM // M

### Story Time

3 - 6 Years // 10:45-11:15AM // T

### Toddler Time

1 - 3 Years // 10:00-10:30AM // M & TH

# Hurst Public Library



## Youth Programs

### Babygarten

Babies, Birth to 18 Months, with Caregiver

Babygarten is an educational curriculum involving songs, rhymes and activities that help babies with language acquisition and preliteracy skills. Space is limited, so please register at 817-788-7302.

#### Wednesday Sessions

10:30-11:30AM // W // 6/13-7/18

#### Saturday Sessions

10:30-11:30AM // S // 6/16-7/21

### Young Kids Rock! Mondays

Programs for Kindergartners and younger.

11:00AM

**June 11** - Mother Goose by Margaret Clauder

**June 25** - Puppets Plus - Three puppet shows

**July 9** - Lively Loving Stories by Afieh Bey

**July 23** - Puppets Plus - Three more puppet shows

### Families Rock! Tuesdays

Programs for the whole family.

7:00PM

**June 5** - Make Your Own Musical Instrument

**June 12** - Handbells 101

**June 19** - Instrument Petting Zoo

**June 26** - Puppets Plus - Three puppet shows

**July 3** - Special time! 6:00-8:00PM

Perot Tech Truck - Ticket required!

**Pick up tickets at the Youth Services Desk beginning at 10:00AM**

**July 10** - Code Word: MUSIC!

**July 17** - Move to the Music

**July 24** - Puppets Plus - Three puppet shows

**July 31** - Percussion Things

### Elementary Kids Rock! Wednesdays

Programs for 1st-6th graders.

**June 6 (2:00PM)** - Mondo Drummers

**June 13 (12:45 & 2:00PM)** - Animal Adventures with the Dallas Zoo

**June 20 (2:00PM)** - LACA Bridges

**June 27 (2:00PM)** - Grace Hula Dancers

**July 11 (12:45 & 2:00PM)** - Blackland Prairie Raptors

**July 18 (2:00PM)** - David Chicken

**July 25 (2:00PM)** - Professor Brainius

### Code of Chivalry

A Medieval Times Story Time for kids.

A member of the royal castle will perform a book reading, and children will learn what it means to be chivalrous today: being compassionate, charitable, honest, respectful and courageous.

1:00PM // T // 6/19



## Volunteer Opportunities for Students ages 14-18

Do you need volunteer hours this summer? Have you considered volunteering at the library? We need lots of help with the Summer Reading Club. Come by the Library or check the website starting March 1 to get information on how to apply.

### Summer Reading Club Kickoffs



In a cooperative effort between local area cities and the HEB and Birdville Independent School Districts, we are proud to announce our summer reading program kickoffs for this year.

These programs are designed to promote summer reading within our entire community in a proven effective effort to combat summer slide. Summer reading

keeps young minds stimulated in a way that results in better school performance the following year. Because it is important that adults model the behavior expected of children, the HEB & Birdville Reads programs encourage pleasure reading for citizens of all ages!

For our HEB students, the kickoff will take place at Pennington field, and for

our Birdville students, the kickoff will be at the Birdville Fine Arts/Athletics Complex. There will be many attractions and activities at both events including bounce houses, petting zoo, food, and other activities, as well as information from the various participating libraries in the area.



# Hurst Public Library



**Teen Zone** All programs are open to teens in grades 6-12 unless otherwise noted.

---

## Chess Club

Students of all ages through high school  
4:00-5:00PM // M

## Teens Rock! Rockin' Crafts

Take a break from the heat with some rockin' upcycled crafts.

7:00PM // TH // 6/7

## Classic Movie Musical Series: Hairspray (PG)

Rediscover the classic musicals that paved the way for your favorite sing-alongs.

7:00PM // TH // 6/14

## Game Night: Guitar Hero Live

Channel your inner rock star as we shred on the Xbox One.

7:00PM // TH // 6/21

## Trivial Tunes

How much do you know about music? Test yourself against fellow teen trivia buffs in this Jeopardy-style game.

7:00PM // TH // 6/28

## Classic Movie Musical Series: Chicago (PG-13)

Rediscover the classic musicals that paved the way for your favorite sing-alongs.

7:00PM // TH // 7/5

## Lip Sync Battle

Slay your way to the top of this rapid-fire Top 40 lip sync. You won't know the songs until they play, so be prepared to lip sync for your life!

7:00PM // TH // 7/12

## Anime Night

Join your fellow otakus as we celebrate music through the medium of animation!

7:00PM // TH // 7/19

## End of Summer Party & Costume Contest

Congrats! You rocked your way through summer reading! Celebrate with us at our end of summer party. Dress up like your favorite rock star and walk the red carpet for a chance to win a prize!

7:00PM // TH // 7/26



## Programs for All Ages

### Masterworks at the Library

MasterWorks Music Series is an ongoing concert series funded by a grant from the City of Hurst Hotel/Motel Tax Fund in cooperation with Arts Council Northeast. These free concerts are held at 7:00 pm the 4th Thursday of each month at the Hurst Public Library.

**May 31** - Vocal Trash

**June 28** - Taikodelic

**July 26** - The New Waves

**August 23** - Me & My Monkey

### Noon Masterworks at the Library

This summer, join us for two special noon MasterWorks Music Series performances. These two free concerts will be held at 12:00 pm on the second Friday of June and July at the Hurst Public Library.

**June 8** - Mr. Blue Shoes

**July 13** - Storybook Theatre of Texas

### Make and Take Craft

Stop by our table for a FREE seasonal craft for you to make and take home with you.

This craft is for all ages, but our younger library friends may need help from an adult or older sibling.

**6:30-7:30PM // TH // 7/12**

### Library Encore

The end is here, so let's party! Enjoy sno-cones, popcorn, and carnival-style games from 6 to 7 p.m. You can then enjoy the interactive performance of Percussion Things from 7 to 8 p.m.

**7:00-8:00PM // T // 7/31**

### Friday Movie Matinees

Join us on Fridays to beat the heat indoors and watch new release DVD movies on the big screen in the library program room. Free popcorn! Drinks available for purchase in the Friends Café or bring your own.

**3:00PM // F // 6/8-8/17**



**Classes begin the week of June 4**

(unless otherwise indicated)



# HURST RECREATION CENTER

Personal health, wellness, fitness goals for summer

If your Summer Goal is to improve your personal health, wellness and fitness, the Hurst Recreation Center is the place for you. Our very affordable rates for both annual and daily passes will help you get on the right track to accomplish all of your goals!

Come and enjoy our activities and programs: 100's of classes, shoot some hoops with your friends, enjoy a game of racquetball, volleyball or pickleball, use the jogging/walking track to get some exercise, or work out in our state-of-the-art fitness center. Equipment for all activities are available for check out with your "Quality of Life" Rec Card at the front desk of the Recreation Center.

If fitness is your thing, there are many fitness classes to help you reach all of your fitness goals. You can also schedule a session with our personal trainers to formulate a custom-designed fitness plan, and our Fitness Center has all of the equipment you will need to complete your workouts. The Cardio Room is equipped with NEW, state-of-the-art treadmills and ellipticals, crosstrainers, and lateral trainers, all of which have individual television screens that will allow you to watch your favorite TV show while you workout. You

can also use your iPod to listen to your favorites or enjoy our new HDTVs while using not only our treadmills and ellipticals, but our bikes, stairclimbers, rowing machines and seated crosstrainers as well. There is literally something for everyone! And any complete fitness program includes a strength training regiment. We have an extensive selection of machined weights and plate-loaded strength equipment, as well as dumbbells and flexibility equipment. For more information on any of our activities or classes, contact the Recreation Center 817-788-7325.

## Our Commitment to Quality

Your satisfaction is our goal. We strive to provide you with quality recreation programs, and we take pride in making your recreation experience an enjoyable one. Join us this season for recreational, educational and lifelong learning opportunities. If you are not completely satisfied with your recreational experience, please call us at 817-788-7325 to share your concerns and suggestions for improvement. Thank you for choosing Hurst Parks and Recreation.





## Hours of Operation

Monday–Thursday // 6:30AM–10:00PM

Friday // 6:30AM–6:00PM

Saturday // 9:00AM–6:00PM

Sunday // 1:00PM–6:00PM

## Contact Information

700 Mary Drive  
Hurst, TX 76053  
817-788-7325

\* Members ages 12-13 must have an adult present at all times to use the Fitness Rooms. Members ages 12-15 must provide proof of age when registering for a Youth Fitness Pass.

## Recreation Center Fees

### Hurst Residents

Daily Pass: **\$2**

Youth Annual Pass (6-15 Years):  
**\$20 Per Year**

Youth Fitness Annual Pass (12-15 Years):  
**\$50 Per Year**

\* 12-13 Years must have adult supervision

Adult Annual Pass (16-64 Years):  
**\$50 Per Year**

Senior Annual Pass (65+ Years):  
**\$20 Per Year**

Family Annual Pass:  
**\$125 Per Year**

Replacement Card Fee: **\$5**

### Non-Hurst Residents

Daily Pass: **\$10**

Youth Annual Pass (6-15 Years):  
**\$80 Per Year**

Youth Fitness Annual Pass (12-15 Years):  
**\$200 Per Year**

\* 12-13 Years must have adult supervision

Adult Annual Pass (16-64 Years):  
**\$200 Per Year**

Senior Annual Pass (65+ Years):  
**\$80 Per Year**

Family Annual Pass:  
**\$400 Per Year**

Replacement Card Fee: **\$5**

*Help Us Help You!*

## Please Enroll Early

Help us keep your favorite classes around by enrolling early. There is a point when a class must be canceled due to low enrollment. Help us prevent class cancellations by registering early!

## 3 Years and Younger Programs

### »» Please Remember

In order to provide the best learning environment, children ages 3 and up must be toilet-trained.

### Awesome Twos

2 Years // Supply fee \$5

Let's get together and play! We will learn our shapes and colors, create crafts, and just have a blast playing and learning at the same time!

*Instructor: Dottie Nicholson*

#### Summer I

13090-A

9:00-9:45AM // M // 4WKS // 6/4 // \$19

#### Summer II

14090-A

9:00-9:45AM // M // 4WKS // 7/9 // \$19



### Claymates

2 - 3 Years // Supply fee \$10

Clay is a great tool for working on those fine motor skills while having fun! Your child will bring home projects made in class.

*Instructor: Dottie Nicholson*

#### Summer I

13145-A

9:00-9:30AM // W // 4WKS // 6/6 // \$18

#### Summer II

14145-A

9:00-9:30AM // W // 4WKS // 7/11 // \$18

### Happy Feet

2 Years

Let's get those feet tapping and those bodies moving! We will have fun with music and movement while working on the development of our gross motor skills.

*Instructor: Dottie Nicholson*

#### Summer I

13095-A

9:00-9:30AM // F // 4WKS // 6/8 // \$18

#### Summer II

14095-A

9:00-9:30AM // F // 4WKS // 7/13 // \$18

### Little Painters

2 - 3 Years // Supply fee \$5

We'll create masterpieces using finger paints, stencils, sponges and even rocks!

*Instructor: Dottie Nicholson*

#### Summer I

13333-A

10:00-10:30AM // M // 4WKS // 6/4 // \$18

#### Summer II

14333-A

10:00-10:30AM // M // 4WKS // 7/9 // \$18

## 3 Years and Younger Programs

### Numbers and Letters for Little Ones

2-3 Years // Supply fee \$5

Come create fun projects to help with letters and number concepts. We will use multi-sensory activities and crafts to develop these skills.

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

#### Summer I

13123-A

9:00-9:45AM // T // 4WKS // 6/5 // \$19

#### Summer II

14123-A

9:00-9:45AM // T // 4WKS // 7/10 // \$19

### Parent Tot Soccer

1-2 Years

Time to not only play with your tot, but get some exercise as well! We will learn the basics of soccer and how to make a GOOOOOOAAAAALLLLL! (Tennis shoes required.) One child per parent.

*Instructor: Keely Castillo*

#### Summer I

13700-A

9:00-9:30AM // F // 4WKS // 6/8 // \$18

#### Summer II

14700-A

9:00-9:30AM // F // 4WKS // 7/13 // \$18



### Summer Fling Fun

18 Months - 2 Years // Supply fee \$10

Let's have fun while developing our fine motor skills through fun craft projects! We will complete our craft projects by using scissors, pens, paints, and pencils.

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

#### Summer I

13015-A

9:00-9:45AM // W // 4WKS // 6/6 // \$19

#### Summer II

14015-A

9:00-9:45AM // W // 4WKS // 7/11 // \$19

#### GYMNASTICS

### Parent/Tot Tumbling

16 - 36 Mos // One Child Per Parent

A fun class for you and your child to build a growing relationship through the learning of basic motor skills, tumbling and coordination.

*Instructor: Tammy Slovensky*

#### Summer I

33040-A

9:30-10:00AM // T // 4WKS // 6/5 // \$18

33040-B

9:30-10:00AM // W // 4WKS // 6/6 // \$18

33040-C

9:30-10:00AM // TH // 4WKS // 6/7 // \$18

33040-D

11:30-Noon // TH // 4WKS // 6/7 // \$18

#### Summer II

34040-A

9:30-10:00AM // T // 4WKS // 7/10 // \$18

34040-B

9:30-10:00AM // W // 4WKS // 7/11 // \$18

34040-C

9:30-10:00AM // TH // 4WKS // 7/12 // \$18

34040-D

11:30-Noon // TH // 4WKS // 7/12 // \$18

## »»» Please Remember

With your child's best interest in mind, we ask that parents do not remain in the classroom after the class begins. Our instructors have found that their quality of instruction is effected by parental distractions and interruptions. Parents may sit in the lobby or lounge areas. Please do not sit in the hallway.



## 3 Years and Younger Programs



### GYMNASTICS

## Tiny Tykes

2.5 - 3.5 Years

A fun class for you and your child to build a growing relationship through the learning of basic motor skills, tumbling and coordination.

*Instructor: Tammy Slovensky*

### Summer I

33030-A  
10:00-10:30AM // T // 4WKS // 6/5 // \$18  
33030-B  
11:30-Noon // T // 4WKS // 6/5 // \$18  
33030-C  
10:00-10:30AM // W // 4WKS // 6/6 // \$18  
33030-D  
10:00-10:30AM // TH // 4WKS // 6/7 // \$18

### Summer II

34030-A  
10:00-10:30AM // T // 4WKS // 7/10 // \$18  
34030-B  
11:30-Noon // T // 4WKS // 7/10 // \$18  
34030-C  
10:00-10:30AM // W // 4WKS // 7/11 // \$18  
34030-D  
10:00-10:30AM // TH // 4WKS // 7/12 // \$18



## 3 Years and Older Programs

### All Sports

5 - 6 Years // Tennis shoes required

Let's get moving and get a taste of all the sports!

*Instructor: Keely Castillo*

#### Summer I

13000-A

4:30-5:00PM // W // 4WKS // 6/6 // \$18

13000-B

11:00-11:30AM // F // 4WKS // 6/8 // \$18

#### Summer II

14000-A

4:30-5:00PM // W // 4WKS // 7/11 // \$18

14000-B

11:00-11:30AM // F // 4WKS // 7/13 // \$18



### Bugs, Bugs, Bugs

3 - 6 Years // Supply fee \$5

Do you like watching those creepy critters in your backyard? We will learn all about insects and even conduct some live inspections of specimens.

*Instructor: Dottie Nicholson*

#### Summer I

13222-A

11:30-Noon // M // 4WKS // 6/4 // \$18

### Claytime Fun

4 - 6 Years // Supply fee \$10

Does your pre-schooler need to work on those fine motor skills? Clay is a great tool for working on those skills while having fun!

*Instructor: Dottie Nicholson*

#### Summer I

13125-A

9:45-10:15AM // W // 4WKS // 6/6 // \$18

#### Summer II

14125-A

9:45-10:15AM // W // 4WKS // 7/11 // \$18



### Cooking for Fun

3 - 6 Years // Supply fee \$10

Let's learn about different foods and how to prepare them for us to enjoy!

*Instructor: Dottie Nicholson*

#### Summer I

13250-A

10:45-11:30AM // F // 4WKS // 6/8 // \$19

#### Summer II

14250-A

10:45-11:30AM // F // 4WKS // 7/13 // \$19

### Creating a Superhero

3 - 5 Years // Supply fee \$5

This class will focus on character building traits that will create a life time hero. Children will learn how to make the right decisions, help others and make the world a better place. We will make a craft to reflect our lesson, and have a super adventure on the last day of class!

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

#### Summer I

13025-A

10:15-11:00AM // W // 4WKS // 6/6 // \$19

#### Summer II

14025-A

10:15-11:00AM // W // 4WKS // 7/11 // \$19



## 3 Years and Older Programs

### Creative Healthy Chef

3 - 5 Years // Supply fee \$10

Calling all pre-schoolers to the kitchen for some fun! Come learn how to create a healthy breakfast, lunch and dinner.

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

#### Summer I

13170-A

11:15-Noon // M // 4WKS // 6/4 // \$19

#### Summer II

14170-A

11:15-Noon // M // 4WKS // 7/9 // \$19

### Dinosaurs

3 - 6 Years // Supply fee \$5

You think you know your dinosaurs? Learn about new ones! These are some of the cutest dinos to ever roam the Earth, but you may not have heard of them!

*Instructor: Dottie Nicholson*

#### Summer I

13699-A

9:45-10:30AM // F // 4WKS // 6/8 // \$19

#### Summer II

14699-A

9:45-10:30AM // F // 4WKS // 7/13 // \$19

### Galactic Wars

3 - 6 Years // Supply fee \$5

Calling all Star Wars fans! Come and play galactic knights with us!

*Instructor: Dottie Nicholson*

#### Summer I

13800-A

9:00-9:45AM // T // 4WKS // 6/5 // \$19



### Kitchen Chemistry

3 - 6 Years // Supply fee \$5

Let's explore acids, bases and properties of matter while we learn how matter changes. We will use everyday items and ingredients found in the kitchen to perform tests.!

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

#### Summer I

13811-A

10:45-11:30AM // T // 4WKS // 6/5 // \$19

#### Summer II

14811-A

10:45-11:30AM // T // 4WKS // 7/10 // \$19

### Let's Paint

3 - 6 Years // Supply fee \$5

We'll create masterpieces using finger paints, stencils, sponges, and even rocks

*Instructor: Dottie Nicholson*

#### Summer I

13115-A

10:45-11:15AM // M // 4WKS // 6/4 // \$18



## 3 Years and Older Programs

## Little Tyke Soccer

3 - 6 Years // Tennis shoes required

GGG000AAALLL! You will get your feet running and learn the basics of the world's most popular sport.

*Instructor: Keely Castillo***Summer I**  
**(3 - 4 Years)**

13600-A

9:30-10:00AM // F // 4WKS // 6/8 // \$18

**(5 - 6 Years)**

13600-B

5:00-5:30PM // W // 4WKS // 6/6 // \$18

13600-C

10:00-10:30AM // F // 4WKS // 6/8 // \$18

**Summer II**  
**(3 - 4 Years)**

14600-A

9:30-10:00AM // F // 4WKS // 7/13 // \$18

**(5 - 6 Years)**

14600-B

5:00-5:30PM // W // 4WKS // 7/11 // \$18

14600-C

10:00-10:30AM // F // 4WKS // 7/13 // \$18

## Messy on Purpose

3 - 6 Years // Supply fee \$5

Do you like making a mess? Let's do it together! We will make a mess with homemade clay, shaving cream and pudding just to name a few.

*Instructor: Dottie Nicholson***Summer II**

14195-A

10:45-11:15AM // M // 4WKS // 7/9 // \$18

## My Little Princess

3 - 6 Years // Supply fee \$5

Calling all princesses of the royal kingdom! We will learn while having fun dressing up, role playing, listening to music and creating crafts.

*Instructor: Dottie Nicholson***Summer I**

13111-A

10:30-11:15AM // W // 4WKS // 6/6 // \$19

**Summer II**

14111-A

10:30-11:15AM // W // 4WKS // 7/11 // \$19

## Phonics + Numbers - Step 1

3 - 5 Years // Supply fee \$5

Have fun with letters and numbers! We will make alphabet and number crafts. This class will help your child learn how to put words together and count.

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)***Summer I**

13030-A

9:00-9:45AM // M // 4WKS // 6/4 // \$20

**Summer II**

14030-A

9:00-9:45AM // M // 4WKS // 7/9 // \$20



## 3 Years and Older Programs

### Phonics + Numbers - Step 2

3 - 5 Years // Supply fee \$5

This class is for students who know their letters, sounds and numbers. It is time to look at different picture cards and know what letter the picture starts with. Students will be able to hear and recognize the letters and numbers.

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

#### Summer I

13035-A

9:45-10:30AM // M // 4WKS // 6/4 // \$20

#### Summer II

14035-A

9:45-10:30AM // M // 4WKS // 7/9 // \$20

### Pirates Beware!

3 - 6 Years // Supply fee \$5

Argh! Climb aboard as we play pirate games and even walk the plank! This is a dress up and play class where we'll learn what pirates really did.

*Instructor: Dottie Nicholson*

#### Summer II

14047-A

9:00-9:45AM // T // 4WKS // 7/10 // \$18

### »»» Please Remember

In order to provide the best learning environment, children ages 3 and up must be toilet-trained.

### GYMNASTICS

### Pre-Gymnastics

4 - 6 Years

For the student who is in transitions between Tots and a regular gymnastics class. To continue working on the discipline required to build the muscular endurance and flexibility needed to advance.

#### Summer I

##### Pre-Gym I

(4 - 5 Years)

*Instructor: Jazmine Duff*

33033-A

5:00-5:30PM // M // 4WKS // 6/4 // \$18

33033-B

5:00-5:30PM // T // 4WKS // 6/5 // \$18

#### Pre-Gym II

(5 - 6 Years)

*Instructor: Cyndi Duff*

33033-C

4:40-5:30PM // T // 4WKS // 6/5 // \$18

*Instructor: Jazmine Duff*

33033-D

5:30-6:20PM // M // 4WKS // 6/4 // \$18

33033-E

4:40-5:30PM // TH // 4WKS // 6/7 // \$18

#### Summer II

##### Pre-Gym I

(4 - 5 Years)

*Instructor: Jazmine Duff*

34033-A

5:00-5:30PM // M // 4WKS // 7/9 // \$18

34033-B

5:00-5:30PM // T // 4WKS // 7/10 // \$18

#### Pre-Gym II

(5 - 6 Years)

*Instructor: Cyndi Duff*

34033-C

4:40-5:30PM // T // 4WKS // 7/10 // \$18

*Instructor: Jazmine Duff*

34033-D

5:30-6:20PM // M // 4WKS // 7/9 // \$18

34033-E

4:40-5:30PM // TH // 4WKS // 7/12 // \$18



### Athletics

5 - 8 Years // Tennis shoes required

Let's get moving this winter with Athletics! We will follow a typical PE format including individual skills as well as team interaction.

*Instructor: Tammy Slovensky*

#### Summer I

13300-A

11:30AM-Noon // W // 4WKS // 6/6 // \$18

#### Summer II

14300-A

11:30AM-Noon // W // 4WKS // 7/11 // \$18

### Princess by Design

3 - 6 Years // Supply fee \$5

This class is designed to instruct girls in manners, charm and character development. We want girls to become a beautiful princess inside and out. We will have princess adventures on the last day.

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

#### Summer I

13055-A

11:15AM-Noon // W // 4WKS // 6/6 // \$19

#### Summer II

14055-A

11:15AM-Noon // W // 4WKS // 7/11 // \$19

## 3 Years and Older Programs

## GYMNASTICS

## Tumbling Tots I

## 3 - 4 Years

Your tot will strengthen motor skills and enhance their coordination while learning tumbling skills and the use of all gymnastics equipment.

*Instructor: Tammy Slovensky*

## Summer I

33011-A

10:30-11:00AM // T // 4WKS // 6/5 // \$18

33011-B

10:30-11:00AM // W // 4WKS // 6/6 // \$18

33011-C

10:30-11:00AM // TH // 4WKS // 6/7 // \$18

## Summer II

34011-A

10:30-11:00AM // T // 4WKS // 7/10 // \$18

34011-B

10:30-11:00AM // W // 4WKS // 7/11 // \$18

34011-C

10:30-11:00AM // TH // 4WKS // 7/12 // \$18

## GYMNASTICS

## Tumbling Tots II

## 4 - 5 Years

Your tumbler will learn more advanced movements while mastering the skills introduced in Level I.

*Instructor: Tammy Slovensky*

## Summer I

33022-A

11:00-11:30AM // T // 4WKS // 6/5 // \$18

33022-B

11:00-11:30AM // W // 4WKS // 6/6 // \$18

33022-C

11:00-11:30AM // TH // 4WKS // 6/7 // \$18

## Summer II

34022-A

11:00-11:30AM // T // 4WKS // 7/10 // \$18

34022-B

11:00-11:30AM // W // 4WKS // 7/11 // \$18

34022-C

11:00-11:30AM // TH // 4WKS // 7/12 // \$18

## Science Fun

## 3 - 6 Years // Supply fee \$5

Create some fun experiences using science, and learn more about our earth.

*Instructor: Dottie Nicholson*

## Summer II

14206-A

11:30-Noon // M // 4WKS // 7/9 // \$18

## Space Camp

## 3 - 5 Years // Supply fee \$5

Come see how our world has changed through the space age. We will conduct experiments that relate to space. We will also learn about astronauts, space crafts, and the planets. We will explore space life and the physics of rockets!

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

## Summer I

13005-A

9:00-9:30AM // TH // 4WKS // 6/7 // \$18

## Summer II

14005-A

9:00-9:30AM // TH // 4WKS // 7/12 // \$18

## Superheroes

## 3 - 6 Years // Supply fee \$5

Do you have super powers? We will learn what it takes to be a superhero. We will play together and learn through stories, crafts, and superhero challenges.

*Instructor: Dottie Nicholson*

## Summer I

13100-A

11:30-12:15PM // W // 4WKS // 6/6 // \$19

## Summer II

14100-A

11:30-12:15PM // W // 4WKS // 7/11 // \$19

## Tiny Dancer

## 3 - 5 Years // Ballet and Tap shoes required

Your tiny dancer will learn tap, ballet and rhythmic movements.

*Instructor: Sherri Longino-Wilson*

## Summer I

13060-A

5:15-5:45PM // TH // 4WKS // 6/7 // \$18

## Summer II

14060-A

5:15-5:45PM // TH // 4WKS // 7/12 // \$18





## 3 Years and Older Programs

### Watercoloring

3 - 6 Years // \$10 supply fee

Calling all kids! Come explore your creative side by creating your very own watercolors. You will learn about color combinations and different applications.

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

#### Summer I

13950-A

9:45-10:30AM // T // 4WKS // 6/5 // \$19

#### Summer II

14950-A

9:45-10:30AM // T // 4WKS // 7/10 // \$19

### Yes, I Can Draw!

3 - 6 Years // Supply list

Yes, you can draw! You will learn how to draw farm animals using drawing pencils, colors and paper.

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

#### Summer I

13895-A

9:45-10:15AM // W // 4WKS // 6/6 // \$18

#### Summer II

14895-A

9:45-10:15AM // W // 4WKS // 7/11 // \$18

### Zumba Kids Jr.

4 - 7 Years

Classes that are rockin', high energy-dance parties packed with kid-friendly routines. To help develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun!

*Instructor: Cyndi Duff*

#### Summer I

13900-A

9:00-9:30AM // W // 4WKS // 6/6 // \$18

#### Summer II

14900-A

9:00-9:30AM // W // 4WKS // 7/11 // \$18



## Summer Camp

### Ready for Kindergarten Camp

4 - 5 Years // Supply fee \$10

Are you starting Kindergarten in the fall or looking to try out our popular Kindergarten Prep Program? Here's your chance with our Ready for Kindergarten Camp! The camp will feature all of the components of the year-long program, but on a half day schedule with the goal to help each child develop a love of learning in a safe and caring environment. The children will be exposed to reading, writing, math, and science.

*Instructor: Anne Stokes (Experienced and Certified School Teacher - B.S. in Education in Elementary Education and a minor in Early Childhood Education and Reading.)*

#### Summer II

14040-A

9:00AM-Noon // M-TH // 4WKS // 7/9 // \$160

## One Time Class

### Father's Day

3 - 6 Years

It's time to celebrate dad! We'll create gifts just in time for Father's Day!

*Instructor: Dottie Nicholson*

#### Summer I

13555-A

11:00AM-Noon // TH // 1 DAY // 6/17 // \$15

## Youth Programs

## All About Science

6 - 12 Years // Supply fee \$8

First we'll look at chemistry fun, then in the next session we'll master the laws of physics! We will use common household items to create chemical reactions. Come learn how the properties of physics impact our everyday lives. We will create experiments that will follow Sir Newton's Laws of Motion.

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

## Summer I

23811-A

9:30-10:15AM // TH // 4WKS // 6/7 // \$19

## Summer II

24811-A

9:30-10:15AM // TH // 4WKS // 7/12 // \$19

## Ballet &amp; Tap I

5 - 10 Years // Ballet and Tap shoes required

You will learn tap, ballet and rhythmic movements.

*Instructor: Sherri Longino-Wilson*

## Summer I

23120-A

6:15-6:45PM // TH // 4WKS // 6/7 // \$18

## Summer II

24120-A

6:15-6:45PM // TH // 4WKS // 7/12 // \$18

## Basketball

7 - 12 Years // Tennis shoes required

Dribbling, passing and shooting are all part of the basics of basketball. Let's give it a try!

*Instructor: Keely Castillo*

## Summer I

23101-A

6:00-6:30PM // W // 4WKS // 6/6 // \$18

## Summer II

24101-A

6:00-6:30PM // W // 4WKS // 7/11 // \$18

## Bizarre Creatures of the Deep

6 - 12 Years // Supply fee \$5

Go deep under the ocean surface to find out more about the bizarre creatures that live in the fathoms below. Such as, the blob fish or the newly discovered Ghost Shark, just to name a few. They are weird but true!

*Instructor: Dottie Nicholson*

## Summer I

23987-A

10:00-10:30AM // TH // 4WKS // 6/7 // \$18

## Summer II

24987-A

10:00-10:30AM // TH // 4WKS // 7/12 // \$18

## GYMNASTICS

## Beginner Boys Gymnastics

6 - 11 Years

For the student who has no gymnastics experience to the students who does have gymnastics experience. To build strength, endurance, and flexibility to be able to perform basic skills needed and/or skill advancement through lead up drills and progressions. (Tots moving up must enroll in a Pre-Gym class first.)

*Instructor: Cyndi Duff*

## Summer I

33083-A

4:40-5:30PM // M // 4WKS // 6/4 // \$20

## Summer II

34083-B

4:40-5:30PM // M // 4WKS // 7/9 // \$20

## GYMNASTICS

## Beginner Girls Novice Gymnastics

7 - 12 Years

For the students who has little or no gymnastics experience or some all-around gymnastics knowledge (floor, bars, beam & vault) but still needs work on form and technique. To build the confidence, strength, endurance, and flexibility required to perform basic gymnastics skills through lead up drills and progressions. (Tots moving up must enroll in a Pre-Gym class first.)

## Summer I

*Instructor: Cyndi Duff*

(6 - 11 Years)

33062-A

5:30-6:20PM // M // 4WKS // 6/4 // \$20

33062-B

10:00-10:50AM // TH // 4WKS // 6/7 // \$20

33062-C

4:40-5:30PM // TH // 4WKS // 6/7 // \$20

*Instructor: Jazmine Duff*

(7 - 9 Years)

33062-D

5:30-6:20PM // T // 4WKS // 6/5 // \$20

33062-E

5:30-6:20PM // TH // 4WKS // 6/7 // \$20

## Summer II

*Instructor: Cyndi Duff*

(6 - 11 Years)

34062-A

5:30-6:20PM // M // 4WKS // 7/9 // \$20

34062-B

10:00-10:50AM // TH // 4WKS // 7/12 // \$20

34062-C

4:40-5:30PM // TH // 4WKS // 7/12 // \$20

*Instructor: Jazmine Duff*

(7 - 9 Years)

34062-D

5:30-6:20PM // T // 4WKS // 7/10 // \$20

34062-E

5:30-6:20PM // TH // 4WKS // 7/12 // \$20

## Youth Programs

### GYMNASTICS

#### Girls Beginner I Gymnastics

##### 7 - 12 Years

For the student who has some gymnastics knowledge but still needs work on form and technique. To continue building strength, endurance, and flexibility to continue learning the basic skills needed for skill advancement through lead up drills and progressions. (Must have previously participated in Girls Novice or Girls Beginner I.)

##### Summer I

Instructor: Cyndi Duff

(7 - 12 Years)

33090-A  
5:30-6:20PM // T // 4WKS // 6/5 // \$20

33090-B  
11:00-11:50AM // TH // 4WKS // 6/7 // \$20

33090-D  
5:30-6:20PM // TH // 4WKS // 6/7 // \$20

Instructor: Jazmine Duff

(7 - 9 Years)

33090-E  
6:30-7:20PM // T // 4WKS // 6/5 // \$20

33090-F  
6:30-7:20PM // TH // 4WKS // 6/7 // \$20

##### Summer II

Instructor: Cyndi Duff

(7 - 12 Years)

34090-A  
5:30-6:20PM // T // 4WKS // 7/10 // \$20

34090-C  
11:00-11:50AM // TH // 4WKS // 7/12 // \$20

34090-D  
5:30-6:20PM // TH // 4WKS // 7/12 // \$20

Instructor: Jazmine Duff

(7 - 9 Years)

34090-E  
6:30-7:20PM // T // 4WKS // 7/10 // \$20

34090-F  
6:30-7:20PM // TH // 4WKS // 7/12 // \$20

### GYMNASTICS

#### Girls Beginner II Gymnastics

##### 7 - 12 Years

For the student who has participated in all-around gymnastics. To continue building strength, endurance, and flexibility for skill advancement through lead up drills and progressions. (Must have previously participated in Girls Beginner I or Girls Beginner II)

Instructor: Cyndi Duff

##### Summer I

33070-A  
6:30-7:20PM // T // 4WKS // 6/5 // \$20

33070-B  
11:00-11:50AM // W // 4WKS // 6/6 // \$20

33070-C  
6:30-7:20PM // TH // 4WKS // 6/7 // \$20

##### Summer II

34070-A  
6:30-7:20PM // T // 4WKS // 7/10 // \$20

34070-B  
11:00-11:50AM // W // 4WKS // 7/11 // \$20

34070-C  
6:30-7:20PM // TH // 4WKS // 7/12 // \$20

### GYMNASTICS

#### Girls Intermediate Gymnastics

##### 7 - 12 Years

For the student who has mastered USAG Novice-Level 2 skills in all-around gymnastics. To continue building strength, endurance and flexibility for skill advancement through lead up drills and progressions. (Must have previously participated in Girls Beginner II)

Instructor: Cyndi Duff

##### Summer I

33073-A  
7:10-8:10PM // T // 4WKS // 6/5 // \$22

33073-B  
10:00-11:00AM // W // 4WKS // 6/6 // \$22

##### Summer II

34073-A  
7:10-8:10PM // T // 4WKS // 7/10 // \$22

34073-B  
10:00-11:00AM // W // 4WKS // 7/11 // \$22

### GYMNASTICS

#### Beginner Tumbling/Acrobatics

##### 7 - 12 Years

This is a combination tumbling and acrobatics class. Students will be building strength, endurance, and flexibility to learn skills in each format through lead up drills and progressions.

Instructor: Cyndi Duff

##### Summer I

33100-A  
7:10-8:10PM // TH // 4WKS // 6/7 // \$22

##### Summer II

34100-A  
7:10-8:10PM // TH // 4WKS // 7/12 // \$22





## Youth Programs



## Candy Fun 101

6 - 12 Years // Supply fee \$15

Come learn to create fun different types of favorite old fashion candy recipes at home. We will make favorite mouth watering chocolate candies, old fashion vintage candy, and more.

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

## Summer I

23040-A

1:00-1:45PM // M // 4WKS // 6/4 // \$19

## Summer II

24040-A

1:00-1:45PM // M // 4WKS // 7/9 // \$19

## Experimenting with Candy

6 - 12 Years // Supply fee \$10

Explore science through candy and discover what it takes to make a candyologist!

*Instructor: Dottie Nicholson*

## Summer I

23440-A

9:00-9:45AM // TH // 4WKS // 6/7 // \$19

## Summer II

24440-A

9:00-9:45AM // TH // 4WKS // 7/12 // \$19

## Cooking for Fun

6 - 12 Years // Supply fee \$10

Let's learn about different foods and how to prepare them for us to enjoy!

*Instructor: Dottie Nicholson*

## Summer I

23250-A

11:35AM-12:20PM // F // 4WKS // 6/8 // \$19

## Summer II

24250-A

11:35AM-12:20PM // F // 4WKS // 7/13 // \$19

## Creative Healthy Chef

6 - 12 Years // Supply fee \$10

Come learn how to create a healthy breakfast, lunch and dinner.

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

## Summer I

23060-A

Noon-12:45PM // M // 4WKS // 6/4 // \$19

## Summer II

24060-A

Noon-12:45PM // M // 4WKS // 7/9 // \$19

## Girls Volleyball Beginners Basics

7 - 12 Years // Tennis shoes required

Do you have an interest in playing volleyball? We will learn the basics to get you started

*Instructor: Keely Castillo*

## Summer I

23035-A

6:30-7:00PM // W // 4WKS // 6/6 // \$18

## 23035-B

11:45-12:15PM // F // 4WKS // 6/8 // \$18

## Summer II

24035-A

6:30-7:00PM // W // 4WKS // 7/11 // \$18

## 24035-B

11:45-12:15PM // F // 4WKS // 7/13 // \$18

## Girls Volleyball Intermediate

12 Years and Up // Tennis shoes required

Getting ready for Junior High or Middle School Tryouts? This is the class for you!

*Instructor: Keely Castillo*

## Summer I

23025-A

12:15-1:00PM // F // 4WKS // 6/8 // \$19

## Summer II

24025-A

12:15-1:00PM // F // 4WKS // 7/13 // \$19

## Youth Programs



### Guitar Prep

**5 - 8 Years // Half-size guitar and parent participation required**

We will practice basic muscle memory, pitch and rhythm exercises laying the groundwork for good guitar technique. You will learn basic songs.

*Instructor: Jan Ryberg*

#### Summer I

23020-A

3:45-4:15PM // M // 4WKS // 6/4 // \$35

#### Summer II

24020-A

3:45-4:15PM // M // 4WKS // 7/9 // \$35

### Guitar for Youth

**8 - 11 Years // Appropriate size guitar required**

You will learn to play songs using a number tab system and be introduced to note reading and chords. We will practice technique exercises for both hands to develop independence, agility, and strength. (Electronic clip-on tuners are suggested. Parents are welcome to participate.)

*Instructor: Jan Ryberg*

#### Summer I

23020-B

4:30-5:15PM // M // 4WKS // 6/4 // \$35

#### Summer II

24020-B

4:30-5:15PM // M // 4WKS // 7/9 // \$35

### Private Guitar Lessons

#### All ages

Are you looking to develop your existing guitar skills? Or are you a beginner wanting the basics of playing? Private guitar lessons are now available! Private sessions can be scheduled on Tuesdays, from 6 to 9:30 pm and on Saturdays, from 1 to 4 pm. Contact the Hurst Recreation Center to schedule lessons.

*Instructor: Jan Ryberg*

**45 Minute Lesson: \$30**

### Hippity-Hop Dance

**5 - 10 Years**

Interested in hip-hop dance? We will keep it fun and creative while learning basics.

*Instructor: Sherri Longino-Wilson*

#### Summer I

23333-A

5:45-6:15PM // TH // 4WKS // 6/7 // \$18

#### Summer II

24333-A

5:45-6:15PM // TH // 4WKS // 7/12 // \$18

### Junk Robotics

**6 - 12 Years // Supply fee \$10**

Let's create hands-on challenges and make ar designs, pneumatics and 3 dimensional space.

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

#### Summer I

23145-A

12:30-1:15PM // T // 4WKS // 6/5 // \$19

#### Summer II

24145-A

12:30-1:15PM // T // 4WKS // 7/10 // \$19

## Youth Programs

## Karate/Self-Defense

## 5 - 15 Years

Several forms of martial arts have been blended into a practical system of self-defense designed to combat various situations. You will learn how to handle situations both physically and mentally. Fees for belt testing and uniforms are paid to the instructor.

*Instructor: Bob Klavitter*

**Summer I**  
(Beginner 8-15 years)

23111-A

6:00-8:00PM // M // 4WKS // 6/4 // \$23

(Beginner 5-7 years)

23111-B

4:00-5:00PM // MW // 4WKS // 6/4 // \$23

(Advanced 8-15 years)

23111-C

5:00-6:00PM // MW // 4WKS // 6/4 // \$23

**Summer II**  
(Beginner 8-15 years)

24111-A

6:00-8:00PM // M // 4WKS // 7/9 // \$23

(Beginner 5-7 years)

24111-B

4:00-5:00PM // MW // 4WKS // 7/9 // \$23

(Advanced 8-15 years)

24111-C

5:00-6:00PM // MW // 4WKS // 7/9 // \$23

## Let's Read

## 6 - 12 Years

We will read out loud, then quietly, and answer questions.

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

**Summer I**

23070-A

Noon-12:45PM // W // 4WKS // 6/6 // \$19

**Summer II**

24070-A

Noon-12:45PM // W // 4WKS // 7/11 // \$19

## Medieval Drawing 101

## 6 - 12 Years // Supply list

Yes, you can draw! You will draw castles, knights, and even dragons using drawing pencils, colors, and paper.

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

**Summer I**

23005-A

10:15-11:00AM // TH // 4WKS // 6/7 // \$19

**Summer II**

24005-A

10:15-11:00AM // TH // 4WKS // 7/12 // \$19

## Olympic Sport of Judo

## 5 - 13 Years

Judo has been an Olympic sport since 1964. Here is your chance to learn the sport of Judo from an 11-time National medal winner. Judo will not only increase your fitness level, but also increase your confidence and discipline. Judo involves throwing and grappling techniques. This is an on-going monthly class with new students starting on the first Monday of the month.

*Instructor: Kim Mesa (6th degree black belt and certified USA Judo International Coach)*

**May**

22900-B

6:00-7:00PM // MW // 4WKS // 5/7 // \$40

**June**

23900-A

6:00-7:00PM // MW // 4WKS // 6/4 // \$40

**July**

23900-B

6:00-7:00PM // MW // 4WKS // 7/2 // \$40

**August**

23900-C

6:00-7:00PM // MW // 4WKS // 8/6 // \$40



## Salt Dough

## 6 - 12 Years // Supply fee \$8

Using salt dough, we will create creatures from the sea. Soon, you will create a menagerie!

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

**Summer I**

23065-A

12:45-1:30PM // W // 4WKS // 6/6 // \$19

**Summer II**

24065-A

12:45-1:30PM // W // 4WKS // 7/11 // \$19

## »» Please Remember

With your child's best interest in mind, we ask that parents do not remain in the classroom after the class begins. Our instructors have found that their quality of instruction is effected by parental distractions and interruptions. Parents may sit in the lobby or lounge areas. Please do not sit in the hallway.



## Youth Programs

### Sewing I

7+ Years // Supply fee \$15

We will learn basic sewing techniques by hand and by machine. We will also learn how to sew by using a pattern.

*Instructor: Dottie Nicholson*

#### Summer I

23420-A

11:00AM-Noon // T // 4WKS // 6/5 // \$22

#### Summer II

24420-A

11:00AM-Noon // T // 4WKS // 7/10 // \$22

### Sewing II

7+ Years // Supply fee \$15

This class is for those students who have been sewing for a while and are interested in starting to work on more difficult projects.

*Instructor: Dottie Nicholson*

#### Summer I

23430-A

12:15-1:15PM // T // 4WKS // 6/5 // \$22

#### Summer II

24430-A

12:15-1:15PM // T // 4WKS // 7/10 // \$22

### Soccer Skills

7 - 12 Years // Tennis shoes required

Are you looking to improve your soccer skills? Grab your athletic shoes and ball, and let's get started! We will go over your basic skills and begin working on more advanced skills.

*Instructor: Keely Castillo*

#### Summer I

23500-A

5:30-6:00PM // W // 4WKS // 6/6 // \$18

23500-B

10:30-11:00AM // F // 4WKS // 6/8 // \$18

#### Summer II

24500-A

5:30-6:00PM // W // 4WKS // 7/11 // \$18

24500-B

10:30-11:00AM // F // 4WKS // 7/13 // \$18

### Spa Fun

6 - 12 Years // Supply fee \$10

Come learn how to create your own home spa. We will make homemade spa recipes to create your own spa.

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

#### Summer I

23130-A

4:00-4:45PM // M // 4WKS // 6/4 // \$19

#### Summer II

24130-A

4:00-4:45PM // M // 4WKS // 7/9 // \$19



### ITF - Tae Kwon Do

6 - 16 Years

ITF-Tae Kwon Do is the only original and traditional Korean Tae Kwon Do in D/FW. You will increase your flexibility, physical fitness, self-defense, self-control, discipline, stress relief, self-esteem, and concentration.

*Instructor: Bart Powell/Michael Cooper (member of ITF-Unified and Grandmaster Van Binh)*

#### Summer I

(White & Yellow Belts)

23700-A

6:00-7:00PM // TH // 4WKS // 6/7 // \$25

(Advanced Belts)

23700-B

7:00-8:00PM // TH // 4WKS // 6/7 // \$25

#### NEW CLASS!

### Tap

15+ Years // Tap shoes required

In this class you will learn the basic of tap dancing. We will also work on technique, phrasing, timing, and other foundational dance concepts.

*Instructor: Sherri Longino-Wilson*

#### Summer I

23160-A

4:15-5:15PM // TH // 4WKS // 6/7 // \$18

#### Summer II

24160-A

4:15-5:15PM // TH // 4WKS // 7/12 // \$18

### Yes, I Can Draw!

5 - 12 Years // Supply list

Yes, you can draw! You will learn how to draw using drawing pencils, colors and paper. We will be incorporating ocean animals in our projects!

*Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)*

#### Summer I

23118-A

4:00-4:45PM // T // 4WKS // 6/5 // \$19

#### Summer II

24118-A

4:00-4:45PM // T // 4WKS // 7/10 // \$19

## Youth Programs

## Zumba Kids

## 8-12 Years

Classes feature kid-friendly routines based on original Zumba coreography with breakdown sessions. To help develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun!

*Instructor: Cyndi Duff*

## Summer I

23030-A

9:00-9:45AM // TH // 4WKS // 6/7 // \$20

## Summer II

24030-A

9:00-9:45AM // TH // 4WKS // 7/12 // \$20



## Mini-Sessions

## Ceramics

6+ Years // Supply fee \$10

Learn about mold cast ceramics from start to finish! 3-4 pieces will be completed in this session.

*Instructor: Dottie Nicholson*

## Summer II

24720-A

11:00AM-Noon // TH // 2WKS // 7/26-8/2 // \$30

## Recycling

6+ Years // Supply fee \$10

Learn what items are recyclable and how to make them new again!

*Instructor: Dottie Nicholson*

## Summer II

24050-A

11:00AM-Noon // TH // 2WKS // 7/12-7/19 // \$30

## Summer Camps

## Summer Arts Camp

6-12 Years

The City of Hurst and the Arts Council of Northeast Tarrant Count (ARTSNET) present Summer with the Arts for ages 6-12! This unique program brings all the arts to you, featuring a different type of art each week. (Featured arts may be a fine art such as painting, acting, or event music.)

*Instructor: Provided by ARTS Council Northeast*

## Summer I

23600-A: 6-8 Years

9:00AM-Noon // M-F // 4WKS // 6/4 // \$55

23600-B: 9-12 Years

1:00-4:00PM // M-F // 4WKS // 6/4 // \$55

## One-Time Classes

## 4th of July T-Shirt

5+ Years // Supply fee \$10

Celebrate our nation's freedom with your custom made July 4th t-shirt!

*Instructor: Dottie Nicholson*

## Summer I

23232-A

11:00AM-Noon // TH // 1DAY // 6/28 // \$15



## Adult Programs



### Fitness Evaluations

Are you getting started on your fitness program and do not know where to begin? A fitness evaluation should be your first step in any fitness program. Your level of fitness is assessed in five components: cardiovascular, muscular strength, muscular endurance, flexibility and body composition. A one hour session is \$41. All evaluations are done by appointment.

*Instructor: Behka Hartmann (Certified Personal Trainer and Fitness Instructor)*

### Nutrition Counseling

**One-Hour Session \$55 // Three Sessions \$130**

Can't get rid of that extra weight? Need nutrition assistance for your sports training? Have a medical condition that would benefit from nutrition assistance? Individual nutrition counseling is available for your every need. Expertise in weight loss and management, disease management, sports nutrition, eating disorders and general wellness. All evaluations are done by appointment.

*Instructor: Esther White (MS, RD, LD)*

### Personal Training

**One-Hour Session \$41 // Five Sessions \$172**

Do you need motivation to reach your fitness goals? Through personal training, you can reach your cardiovascular and strength training goals with a program tailored for you. Sessions are set by appointment.

*Instructor: Behka Hartmann (Certified Personal Trainer and Fitness Instructor)*

### The Power Package

**By Appointment Only // Four Sessions \$145**

Join forces with the experts in nutrition and fitness for successful results! Your Power Package includes two sessions focused on nutrition with a customized diet plan and two sessions focused on fitness with an evaluation and personal exercise plan. The Power Package is \$145 for four sessions. All evaluations are done by appointment.

*Instructors: Esther White (MS, RD, LD) and Instructor: Behka Hartmann (Certified Personal Trainer and Fitness Instructor)*

### Personal Training

**One-Hour Session \$60 // Eight 1-hour Sessions \$400**

**Sessions are by appointment only.**

Become the best version of you! Begin your transformative journey and receive the guidance and accountability required to reach your goals and beyond.

Your Personal Trainer provides the know-how and inspiration for all these areas and more:

- 60 Minute Customized one-on-one training session
- Individualized meal plans
- Nutrition counseling
- Full access to exclusive World Changing Fitness workout database
- Biweekly evaluation and progress checks
- Individual accountability
- 24/7 access to World Changing Fitness Personal Trainer for any questions and information
- Life changing results!

*Instructor: Kyle Massingill (Certified Master Trainer)*

### Group Training

**One-Hour Session \$25 per person  
2 person minimum // 5 person maximum**

**Sessions are by appointment only.**

Receive the benefits of working out with a personal trainer while training with your friends, family or coworkers and staying within your budget! Group training builds relationships and strengthens accountability. Sweat together, achieve together, celebrate together.

**Group sessions include:**

- 60 Minute Group Workout
- Meal planning
- Nutrition counseling
- 24/7 access to World Changing Fitness Personal Trainer for any questions and information
- Incredible results!

*Instructor: Kyle Massingill (Certified Master Trainer)*



## Adult Programs

## A Simplified Space – Organization Skills

Ages 18+

We only get 24 hours a day, so let's make the most of it! Getting organized and efficient in your space can be challenging, but we're here to help. This 4 week course will cover basics, kitchens, paper management and memories while learning how to simplify your space and cut the chaos! You may sign up per topic for \$15 each, or all four for \$50

*Instructor: Rochelle Ross*

### Summer II

#### All Four Classes

44700-A

10:00-11:00AM // T // 4WKS // 7/10 // \$50

44701-A

10:00-11:00AM // S // 4WKS // 7/14 // \$50

#### Organizing Basics

44700-B

10:00-11:00AM // T // 1 DAY // 7/10 // \$15

44701-B

10:00-11:00AM // S // 1 DAY // 7/14 // \$15

#### Paper Management

44700-C

10:00-11:00AM // T // 1 DAY // 7/17 // \$15

44701-C

10:00-11:00AM // S // 1 DAY // 7/21 // \$15

#### Kitchen Organizing

44700-D

10:00-11:00AM // T // 1 DAY // 7/24 // \$15

44701-D

10:00-11:00AM // S // 1 DAY // 7/28 // \$15

#### Memories Organizing

44700-E

10:00-11:00AM // T // 1 DAY // 7/31 // \$15

#### Kids Rooms

44701-E

10:00-11:00AM // S // 1 DAY // 8/4 // \$15



## Belly Dance – Step 1 I.T.S. Foundations

Adults and Mature Teens 13+

Whether you have been dancing all your life and taken other belly dance classes, or are just starting out in dance, this class is for you! In this class you will learn the basics of Improv Tribal Style belly dance (ITS) with an introduction to the fundamentals of tribal movement, partner work, isolations, strength-building and drills for muscle memory. Geared toward the new student, but vital to continuing students for refinement, this class establishes a strong foundation for every dancer and is instrumental in familiarizing students specifically with the Tribal Evolution troupe format. This is a low-impact dance class suitable for all body types and ages.

*Instructor: Tiffany Skalberg*

### Summer I

43200-A

7:00-8:00PM // T // 4WKS // 6/5 // \$28

### Summer II

44200-A

7:00-8:00PM // T // 4WKS // 7/10 // \$28

## Belly Dance – Step 2 More I.T.S.

Adults and Mature Teens 13+

Take your newfound belly dance skills and challenge yourself at this next step in your dance explorations. In this class the emphasis is on refinement. We will cover more complex drills and improv combinations, building on what you have learned in the Foundations class. We will use live music for this class, affording you the opportunity to also learn to use percussion instruments (in the form of zills) to dance. *This class is best used in combination with Step 1 ITS Foundations as there is no breakdown of the foundation steps. Please complete at least one session of Step 1 before registering for Step 2.*

*Instructor: Tiffany Skalberg*

### Summer I

43224-A

8:00-9:00PM // T // 4WKS // 6/5 // \$28

### Summer II

44224-A

8:00-9:00PM // T // 4WKS // 7/10 // \$28

## Belly Dance – Step 3 Take It to the Stage

Adults and Mature Teens 13+

Now that you have perfected your dance skills in Step 1 and Step 2, you are ready to create a performance. This class will focus on taking your ITS vocabulary and making it show-worthy by adding props, staging and interaction with a band. You will also learn to use props such as the veil, skirt, sword and zills. *Please complete at least one session of Step 1 and 2 before registering for Step 3.*

*Instructor: Tiffany Skalberg*

### Summer I

43222-A

9:00-9:45PM // T // 4WKS // 6/5 // \$20

### Summer II

44222-A

9:00-9:45PM // T // 4WKS // 7/10 // \$20

## Belly Dance - Tribal Evolution

This class covers the unique Improv Tribal Style of Tribal Evolution Belly Dance Company. This class is a professional performance-level class that will teach you to include props, musical interpretation, musician interaction, staging and show layout.

*Instructor approval required.*

*Instructor: Tiffany Skalberg*

### Summer I

43226-A

7:35-9:05PM // TH // 4WKS // 6/7 // \$23

### Summer II

44226-A

7:35-9:05PM // TH // 4WKS // 7/12 // \$23

## Adult Programs

### Boot Camp

12+ Years

Today's the day to achieve the goal you have been putting off. Come early and then have your whole day to be proud of what you accomplished that morning. Boot camp is for everyone. You will get help getting past those plateaus, achieve your goals and get to be a fitter YOU! Come tone and tighten with a variety of workouts including core strength, stability ball, weights, steps, circuits, interval training and much more. Decide today that YOU ARE WORTH IT!

*Instructor: Behka Hartmann (Certified Personal Trainer and Fitness Instructor)*

42420-B : May  
6:35-7:30AM // MW // MONTHLY // 5/2 // \$30

43420-A : June  
6:35-7:30AM // MW // MONTHLY // 6/4 // \$30

43420-B : July  
6:35-7:30AM // MW // MONTHLY // 7/2 // \$30

43420-C : August  
6:35-7:30AM // MW // MONTHLY // 8/1 // \$30

### Brush and Palette

#### Supply List

Express your talent through the art of oil painting! Basic strokes, color mixing and application will be covered.

*Instructor: Elaine Roosz*

**Summer I**  
43110-A  
6:30-9:00PM // T // 4WKS // 6/5 // \$25

**Summer II**  
44110-A  
6:30-9:00PM // T // 4WKS // 7/10 // \$25

### Cardio & Tone Boot Camp

Ages 16+

Are you struggling finding the time to fit in your cardio and strength/toning goals? Join this boot camp/circuit class to improve your cardiovascular health and muscle tone.

*Instructor: Lauri Krumm (Certified Personal Trainer)*

**Summer I**  
43005-A  
6:50-7:30PM // TH // 4WKS // 6/7 // \$25

**Summer II**  
44005-A  
6:50-7:30PM // TH // 4WKS // 7/12 // \$25

### Cycle Circuit

Bring Water, Towel & Determination!

Want to crank up your workout, metabolism and energy? Come join us for a blend of cycle and circuit training, perfect for fitness at any level.

*Instructor: Lauri Krumm (Certified Personal Trainer)*

**Summer I**  
43300-A  
5:45-6:45PM // T // 4WKS // 6/5 // \$27

**Summer II**  
44300-A  
5:45-6:45PM // T // 4WKS // 7/10 // \$27

### Energize Exercise

Do you like to exercise in the morning and feel energized all day? Then this is the class for you. You will exercise at your own level of endurance. The class puts emphasis on your arms, abdomen and legs.

*Instructor: Karen Cowley*

**Summer I**  
43010-A  
8:30-9:15AM // MTThF // 4WKS // 6/4 // \$15

**Summer II**  
44010-A  
8:30-9:15AM // MTThF // 4WKS // 7/9 // \$15

**NEW CLASS!**

### Extreme Endurance

Ages 16+

This class is a unique blend of cross fitness type training, endurance, core strengthening and calisthenics designed to make you work harder than you have in any other class you have ever attempted! Come prepared to push the limits of your own body and mind.

*Instructor: Kyle Massingill (Certified Master Trainer)*

42030-B : May  
9:00-9:55AM // S // MONTHLY // 5/5 // \$35

43030-A : June  
9:00-9:55AM // S // MONTHLY // 6/2 // \$35

43030-B : July  
9:00-9:55AM // S // MONTHLY // 7/7 // \$35

43030-C : August  
9:00-9:55AM // S // MONTHLY // 8/4 // \$35

**NEW CLASS!**

### Fitness Camp

Ages 16+

This high intensity boot camp is a complete body workout, mixing a variety of traditional military style exercises and today's popular equipment based workout. This camp is designed to improve physical strength, flexibility, posture and enhance mental awareness. Workouts will take place outside, using kettlebells, ropes and tires, and is simply a blast!

*Instructor: Kyle Massingill (Certified Master Trainer)*

42080-B : May  
5:30-6:15AM // TThF // MONTHLY // 5/1 // \$50

43080-A : June  
5:30-6:15AM // TThF // MONTHLY // 6/5 // \$50

43080-B : July  
5:30-6:15AM // TThF // MONTHLY // 7/3 // \$50

43080-C : August  
6:30-7:35AM // TThF // MONTHLY // 8/2 // \$50

## Adult Programs

### Guitar

#### Ages 13+

You will learn to play songs using a number tab system and be introduced to note reading and chords. We will practice technique exercises for both hands to develop independence, agility and strength. We will learn songs using finger-picking, flat-picking and classical techniques. (Guitar is required.)

*Instructor: Jan Ryberg*

#### Summer I

43888-A: Beginner

5:15-6:00PM // M // 4WKS // 6/4 // \$35

43888-B: Intermediate

6:00-6:45PM // M // 4WKS // 6/4 // \$35

#### Summer II

44888-A: Beginner

5:15-6:00PM // M // 4WKS // 7/9 // \$35

44888-B: Intermediate

6:00-6:45PM // M // 4WKS // 7/9 // \$35

### Guitar - Ensemble

#### Ages 13+

This class is for students who can read standard music notation in the first position, or have a dedication to learning notes. Some chord knowledge is preferred but not required. We will be learning ensemble pieces in many different styles and students will be encouraged to bring in their own arrangements and compositions. We will have a performance at the end of the summer.

*Instructor: Jan Ryberg*

#### Summer I

43999-A

7:30-9:00PM // T // 4WKS // 6/4 // \$35

#### Summer II

44999-A

7:30-9:00PM // T // 4WKS // 7/9 // \$35

### Private Guitar Lessons

Are you looking to develop your existing guitar skills? Or are you a beginner wanting the basics of playing? Private guitar lessons are now available! Private sessions can be scheduled on Tuesdays, from 6 to 9:30 pm and on Saturdays, from 1 to 4 pm. Contact the Hurst Recreation Center to schedule lessons.

*Instructor: Jan Ryberg*

**45 minute lesson: \$30**

### Hatha Yoga

Don't Eat 2 Hours Prior // Yoga Mat

Learn about connecting your mind, body and breath with the practice of yoga. Build strength, flexibility, mobility, stability and balance to improve your overall health and well being

*Instructor: Benny Zavala (Certified Yoga Instructor)*

#### Summer I

43100-A

10:15-11:15AM // M // 4WKS // 6/4 // \$24

43100-B

10:15-11:15AM // W // 4WKS // 6/6 // \$24

43100-C

10:15-11:15AM // F // 4WKS // 6/8 // \$24

43100-D

11:00AM-Noon // S // 4WKS // 6/9 // \$24

#### Summer II

44100-A

10:15-11:15AM // M // 4WKS // 7/9 // \$24

44100-B

10:15-11:15AM // W // 4WKS // 7/11 // \$24

44100-C

10:15-11:15AM // F // 4WKS // 7/13 // \$24

44100-D

11:00AM-Noon // S // 4WKS // 6/9 // \$24

### Hurst Hustlers Running Club

Come join runners, joggers and walkers of all levels for a challenging workout using hills, speed work, distance and drills. You will learn how to run and how to stay injury free all while having fun! This is the perfect way to make friends and meet your running goals.

*Instructor: Esther White (MS, RD, LD)*

#### Summer I

43001-A

6:15-7:15PM // M // 4WKS // 6/4 // \$19

#### Summer II

44001-A

6:15-7:15PM // M // 4WKS // 7/9 // \$19

### Olympic Sport of Judo

#### Ages 14+

Judo has been an Olympic sport since 1964. Here is your chance to learn the sport of Judo from a 11-time National medal winner. Judo will not only increase your fitness level, but also increase your confidence and discipline. Judo involves throwing and grappling techniques. This is an on-going monthly class. New students start the first Monday of the month.

*Instructor: Kim Mesa (6th degree Black Belt and certified USA Judo International Coach)*

42800-B : May

7:00-8:30PM // MW // MONTHLY // 5/7 // \$40

43800-A : June

7:00-8:30PM // MW // MONTHLY // 6/4 // \$40

43800B : July

7:00-8:30PM // MW // MONTHLY // 7/2 // \$40

43800-C : August

7:00-8:30PM // MW // MONTHLY // 8/6 // \$40



## Adult Programs

### NEW CLASS!

## Pilates

Ages 16+

Pilates is a form of exercise when practiced with consistency, will improve flexibility, posture and balance. This class will strengthen your core while developing control and endurance in the entire body.

*Instructor: Rosy Pritchett (Certified Personal Trainer and Fitness Instructor)*

### Summer I

43977-A

11:45AM-12:45PM // TTH // 4WKS // 6/5 // \$23

### Summer II

44977-A

11:45AM-12:45PM // TTH // 4WKS // 7/10 // \$23



## Puppy Training

Puppies 8-18 weeks of age

This is a 6 week course that includes ALL THINGS PUPPY! Learn how to deal with normal puppy behaviors such as jumping, nipping, chewing and digging. Your puppy will learn proper socialization techniques and get started on basic manners.

All training is 100% force free and based on proven behavioral science. Puppies will learn how to make the correct decisions through a series of educational relationship building games.

**Handlers should be 7 years or older (children to be accompanied by an adult). Proof of vaccinations is required; please attach a copy with registration.**

*Instructor: Wendy Dek (Certified Dog Obedience Trainer)*

### Summer I

43090-A

9:00-10:00AM // S // 6WKS // 6/9 // \$165

## Basic Puppy Obedience

Puppies 18 weeks and older

This is a 7 week course – week 1 WITHOUT your dog. Learn how to teach your dog basic manners and obedience, such as "sit", "down", "stay", "come" when called and "leave it" (that doesn't belong to you). Puppies will also learn loose leash walking as well as some fun tricks that help build your relationship with your dog.

All training is 100% force free and based on proven behavioral science.

**Handlers should be 7 years or older (children to be accompanied by an adult). Proof of vaccinations is required; please attach a copy with registration.**

**Dogs that show aggressive tendencies during class will not be allowed. If your dog has already shown aggression, please contact the trainer before enrolling in this class.**

*Instructor: Wendy Dek (Certified Dog Obedience Trainer)*

### Summer I

43095-A

10:30-11:30AM // S // 7WKS // 6/9 // \$175

## Spin and Sweat

Join us for spinning! Turn the basics of cycling into a great cardio workout that burns calories and fat. Get ready to work hard and sweat like crazy!

*Instructor: Lauri Krumm (Certified Personal Trainer)*

### Summer I

43444-A

9:00-9:45AM // T // 4WKS // 6/5 // \$25

43444-B

5:45-6:30PM // TH // 4WKS // 6/7 // \$25

### Summer II

44444-A

9:00-9:45AM // T // 4WKS // 7/10 // \$25

44444-B

5:45-6:30PM // TH // 4WKS // 7/12 // \$25

## Adult Programs

## NEW CLASS!

## Total Body Workout

Ages 16+

The most efficient way to burn calories and gain strength due to the variety of movements and exercises that are integrated into each session. Total body workout is a time saving way to keep your body burning fat for hours! Additionally your cardiovascular endurance increases as you keep your heart rate up!

*Instructor: Rosy Pritchett (Certified Personal Trainer and Fitness Instructor)*

42600-B : May

6:45-7:30AM // TTH // MONTHLY // 5/1 // \$25

43600-A : June

6:45-7:30AM // TTH // MONTHLY // 6/5 // \$25

43600B : July

6:45-7:30AM // TTH // MONTHLY // 7/3 // \$25

43600-C : August

6:45-7:30AM // TTH // MONTHLY // 8/2 // \$25

## Zumba

Ages 14+

This class can only be described as FUN! If you want to party, laugh and have a great time while you lose unwanted inches, come and join us! It's the Latin-inspired, easy-to-follow, calorie-burning, dance-fitness party. Feel the music and let loose. Each class is a whole new set of dancing and fun.

*Instructor: Behka Hartmann (Certified Personal Trainer and Fitness Instructor)*

Summer I

43065-A

6:00-6:55PM // MW // 4WKS // 6/4 // \$24

Summer II

44065-A

6:00-6:55PM // MW // 4WKS // 7/9 // \$24

## Tri City Promenaders

Did you know that the Tri City Promenaders offers square dance lessons at Brookside Center on Tuesday nights from 7:30-9:30 p.m.? Drop by and give it a try! Email [tricitypromenaders@gmail.com](mailto:tricitypromenaders@gmail.com) for more information.

## Zumba Toning

Ages 16+

Come learn the basic techniques of Zumba in this energizing fitness class by getting your groove on! This is a great way for all ages to get started in Zumba or if you need a lower intensity. We'll use the musical maraca-sounding toning sticks to bump up the workout by adding resistance. It's great for the mind, body and soul!

*Instructor: Rosy Pritchett (Certified Personal Trainer and Fitness Instructor)*

Summer I

43050-A

7:30-8:25PM // TTH // 4WKS // 6/5 // \$23

Summer II

44050-A

7:30-8:25PM // TTH // 4WKS // 7/10 // \$23



## Adult Programs



## Summer Seminars

### Summer Bodies Skin Care

Ready for fun in the sun? What about having a toxin-free summer? It's easier than you think to have a safe, healthy, toxin-free summer vacation, even on a budget! Come learn how to make this your new reality.

*Presenter: Ragan Clark (MT-ASCP)*

42039-A  
10:00-11:00AM // F // 1 DAY // 5/11 // FREE

### Make & Take: Makeover Your Shower

Supply fee \$5

Did you know, according to the EPA's Top 10 Most Harmful Substances study, the most toxic substances they found were what we use every day in our shower? Come learn how to kick those toxins to the curb and replace them with toxin-free alternatives. I'll even show you how to DIY your products to stretch your budget. We'll be making shower gel, so you can get started immediately!

*Presenter: Ragan Clark (MT-ASCP)*

43035-A  
10:00-11:00AM // S // 1 DAY // 6/9 // FREE

### Make & Take: Kids & Essential Oils

Supply fee \$5

Did you know that kids can benefit from essential oils, too? Are you unsure of how to safely use them on your kids? Have no fear! Come learn the ins and outs of using essential oils safely to support your most precious darlings. We will be making aromatherapy playdough so you can take it home to your children today!

*Presenter: Ragan Clark (MT-ASCP)*

44020-A  
10:00-11:00AM // S // 1 DAY // 7/21 // FREE



### Back to School

It's that time of year again! Time to send the kids back to those special centers for learning and expanding their knowledge; and giving them time back with their friends. With the new school year comes busier schedules, homework, extracurricular activities, sports, competitions, etc. How do you balance it all, keep everyone healthy, and keep your kids (and yourself) from totally melting down? Join us to learn how to support you and your kids' systems by using a few must-haves so this will be the best year yet!

*Presenter: Ragan Clark (MT-ASCP)*

44095-A  
10:00-11:00AM // S // 1 DAY // 8/18 // FREE

### Registration Policy

Walk-in registration beginning on **Monday, April 30**, at **7:00 a.m.** is open only to those participants who are Hurst residents and reside within the Hurst city limits. Participants who reside in Fort Worth, North Richland Hills and Euless whose mail is delivered to a Hurst "address" are not eligible to register until May 15 at 7:00 a.m. Residency is defined by living within the Hurst city limits, receiving a water bill from the City of Hurst and paying property taxes to the City of Hurst. Non-residents will be able to register beginning on **Monday, May 14**. Out of fairness to all citizens of our community, you may only register the members of your household.

.....

### Classes begin the week of June 4

(unless otherwise indicated)

.....

### Sign Up To Register Online

That's right – you can save time and register your entire family online! To get started, you will need to visit the Hurst Recreation Center to activate your account. If you are a Hurst resident, you will need to bring your **Hurst water bill, Hurst property tax statement or Hurst apartment lease, and your photo ID** as proof of Hurst residency to receive the Hurst resident rates. Once you have activated your account and received your user name and password, you will be able to use our online registration feature.

You do not have to wait until your appropriate registration date to activate your account and receive your user name and password. Go ahead and do it the next time you are at the Recreation Center for your current class or working out. Then you will be ready to register online the day registration starts!

### Help Us, Help You! PLEASE ENROLL EARLY!

Help us keep your favorite classes around by enrolling early. There is a point when a course must be canceled due to low enrollment. Help us prevent course cancellations by registering early!

### Walk-In Registration Times

**Monday-Thursday: 7:00AM-9:00PM**

**Friday: 7:00AM-5:00PM**

**Saturday: 9:30AM-5:00PM**

**Sunday: 1:30PM-5:00PM**

### Confirmations

When you register by mail or fax, you will receive a confirmation notice through the postal mail. You will be notified of the designated classes that are not available. If the class is not available, you may select a second choice. If you register online, you may print a copy of your receipt.

### Refund Policy

**Recreation Classes:** We depend on your participation for a successful class. If you have an unforeseen circumstance and cannot attend class, we will gladly refund your fee with 72 hours notice prior to the class start date.

### Supply Lists

Some of our classes require a supply list. These classes are noted in this magazine. You will receive a supply list when you register. For mailed registrations, a list will be included with your confirmation letter. **Supplies should not be purchased prior to the Friday before the class starts in case of cancellation.**

### Weather Policy

In case of inclement weather, the Hurst Recreation Center will not conduct classes if the HEB Independent School District cancels their classes for the day.

**\*\* Remember: Learn to swim registration may be done online or in person. Faxed or mailed in registrations are NOT accepted.**



# CLASS REGISTRATION FORM

HEAD OF HOUSEHOLD

EMAIL ADDRESS

STREET ADDRESS

APT #

CITY

STATE / ZIP

HOME PHONE

WORK PHONE

PARTICIPANT'S NAME	DOB	GENDER	CLASS #	CLASS FEE
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
			Subtotal	\$

GRAND TOTAL

Non-Resident Fee of \$2 per class

\_\_\_\_\_ x \$2  
# OF CLASSES

= \$ \_\_\_\_\_

+ Subtotal \$ \_\_\_\_\_ =

Total Due \$ \_\_\_\_\_

## PAYMENT METHOD

☐ CHECK

☐ CREDIT CARD

☐ CASH

CHECK NUMBER: \_\_\_\_\_

CARD TYPE: ☐ Visa ☐ MasterCard ☐ Discover ☐ American Express

MAIL TO: Hurst Parks and Recreation  
Class Registration

MAKE CHECKS PAYABLE TO:  
City of Hurst

CARD NUMBER: \_\_\_\_\_

700 Mary Drive, Hurst, TX 76053

EXPIRATION DATE: \_\_\_\_ / \_\_\_\_

For the valuable consideration of being allowed to participate in the City of Hurst Parks and Recreation Department's program or use the City's facilities or equipment, I recognize and acknowledge the risk of physical injury and agree to assume the full risk of any injuries, including death or damages, that may result from an injury sustained while participating in activities related to the program or from using the City's facilities or equipment. I DO FULLY RELEASE, INDEMNIFY, AND HOLD HARMLESS, THE CITY, ITS EMPLOYEES AND OFFICERS FROM THEIR OWN NEGLIGENCE FOR FAILURE TO PROPERLY DESIGN, INSPECT, OR MAINTAIN THE EQUIPMENT, OR SUPERVISE THE ACTIVITIES TO BE ENGAGED IN OR EQUIPMENT TO BE USED BY THE UNDERSIGNED, AND FOR ANY ACTS OF THIRD PARTIES. The City does not provide any medical or other insurance protection benefits for those who use the recreational equipment or engage in activities on City Premises. I give the city of Hurst permission to use photographs obtained during my registered course(s), at recreation special events, or at city facilities, parks, etc. in city sponsored publication materials, and understand it is my responsibility to communicate otherwise with city personnel.

BY SIGNING THE RELEASE, I ACCEPT ALL RESPONSIBILITY FOR INJURIES WHICH MAY BE INCURRED.

SIGNATURE OF PARTICIPANT

DATE

SIGNATURE OF PARENT/GUARDIAN IF USER IS UNDER 18

DATE

## Adult Sports Registration Information

Teams may register in person at the Recreation Administration Office located inside the Hurst Recreation Center, 700 Mary Drive. Hours are Monday, Wednesday and Friday from 8:00 a.m. to 5:00 p.m. and Tuesday and Thursday from 8:00 a.m. to 6:00 p.m. For more information, please call 817-788-7320. Registration information and rules are located online at [www.teamsideline.com/hurst](http://www.teamsideline.com/hurst).

### Kickball Co-ed Summer Registration

**Open Registration:** April 30-May 25

*Registration and/or start dates may be adjusted to accommodate weather related delays*

**Entry Fee:** \$275 for an 8-game season

*With no playoffs*

**League Schedules:** Available May 30, after 4:00PM

**League Begins:** June 5

**League Nights:**

Tuesday's



### Adult Men's Basketball

**Open Registration:** July 23-August 24

**Entry Fee:** \$275 for a 7-game season

*With Playoffs for teams who qualify*

**League Schedules:** Available August 29 after 4:00 p.m.

**League Begins:** September 4/6

**League Nights:**

Tuesday – Men's Open

Thursday – Men's Open

### Adult Softball Summer Registration

**Open Registration:** April 30-May 25

*Registration and/or start dates may be adjusted to accommodate weather related delays*

**Entry Fee:** \$340 for a 10-game season

*With no playoffs*

**League Schedules:** Available May 29, after 4:00PM

**League Begins:** June 1

**League Nights:**

Monday – Men's, Men's Church & Women's

Tuesday – Men's & Co-ed

Wednesday – Men's & Co-ed

Thursday – Men's & Co-ed

Friday – Men's, Men's Church & Co-ed

### Youth Sports Associations

**Tri-Cities Baseball & Softball Association**

TCBA 817-285-0200

[www.tcbasesoft.com](http://www.tcbasesoft.com)

**Mid-Cities Basketball Association**

MCBA 817-354-6208

[www.MCBBA.org](http://www.MCBBA.org)

**Hurst United Soccer Association**

HUSA 817-504-7479

[www.hurstunited.com](http://www.hurstunited.com)

**MidCities PeeWee Football  
& Cheerleading Association**

817-282-2390

[www.midcitiespeeweefootball.org](http://www.midcitiespeeweefootball.org)



## Recreation Center West Gym Schedule

There are also outdoor pickleball courts available at Smith-Barfield Park, 640 Pleasantview.

### Monday

6:30AM-1:00PM // Open Gym  
 1:00-2:00PM // Classes  
 2:00-5:30PM // Open Gym  
 6:00-9:00PM // Classes  
 9:00-10:00PM // Open Gym

### Tuesday

6:30-9:30AM // Open Gym  
 9:30AM-Noon // Pickleball  
 Noon-10:00PM // Open Gym

### Wednesday

6:30-11:30AM // Open Gym  
 11:30AM-Noon // Classes  
 Noon-5:00PM // Open Gym  
 5:30-9:00PM // Classes  
 9:00-10:00PM // Open Gym

### Thursday

6:30AM-9:30PM // Open Gym  
 9:30AM-Noon // Pickleball  
 Noon-10:00PM // Open Gym

### Friday

6:30-8:30AM // Open Gym  
 8:30-10:30AM // Class  
 11:30AM-1:30PM // Pickleball  
 1:30-6:00PM // Open Gym

### Saturday

9:00AM-6:00PM // Open Gym

### Sunday

1:00-6:00PM // Open Gym

## >>> Pickleball

Already familiar with the game or want to try something new? Pickleball is a fun game for all ages. Whether you're a novice or expert, you'll be sure to get some playtime on our 3 indoor pickleball courts. Courts are set up and ready at the Recreation Center on Tuesdays, Thursdays, and Fridays during specified hours. Don't have a racquet or a ball? We've got you covered. Come see what it's all about or call for more details on prices and times at 817-788-7325.

## FYI:

### Basketball Gym Summer Classes

Friday Mornings

9:00AM - 1:15PM

June 8 - August 3



## Healthy Hurst Wellness Program

Healthy Hurst is the City of Hurst's community-wide wellness initiative. With the use of the information and links that are available on the City of Hurst's Healthy Hurst webpage, participants can increase their health, wellness, and fitness.

Healthy Hurst is a FREE program, and all participants receive a Healthy Hurst t-shirt at the time of registration. Participants are also encouraged to register for the various FREE events that will be offered throughout the year as part of the Healthy Hurst Program.

The Healthy Hurst program is open to all Hurst residents, as well as non-residents who have purchased a Hurst Recreation Center Annual Pass. Incentive awards are also available to all participants as they track and log their fitness activities!

Healthy Hurst has a myriad of tips and information on nutrition, fitness, wellness, and health. Give it a try today! Let Healthy Hurst help you get started toward your wellness, health, and fitness goals! For more information on the Healthy Hurst program, contact the Hurst Recreation Center at 817-788-7325.

## Healthy Hurst Dash & Splash 1 Mile/5K

1 Mile Walk/Run - 7:30AM • 5K Run - 7:50AM

**Saturday, June 9 // Chisholm Aquatics Center**

Here's your chance to do something healthy AND fun at the same time. The Healthy Hurst Dash & Splash offers Healthy Hurst participants the chance to participate in a 1 Mile or a 5K event and jump into the water at the Chisholm Aquatics Center at the finish line. Participants will also receive a day pass to the Central or Chisholm Aquatic Centers.

All Dash & Splash participants will need to register for this FREE event and can do so at the Hurst Recreation Center through 5pm on Thursday, June 7. Race day registration begins at 7am on Saturday, June 9. (Please bring proof of residency: Driver's License, Hurst Water Bill, Hurst Property Tax Statement. Non-residents bring your Quality of Life Recreation Card).

All Dash & Splash participants are eligible to win door prizes (must be present to win). For more information contact the Hurst Recreation Center, 817-788-7325.

## Mission Statement

*The Hurst Recreation Division is dedicated to improving the quality of life for citizens of all ages by providing a variety of recreational activities, special events, facilities and services that encourage lifelong learning, fitness and fun.*

## Parks and Recreation Board

Chairman:  
**Alan Neace**

Vice Chair:  
**Karen Spencer**

**Ralph Hurd**  
**Jessica Martin**  
**Cathy Thompson**  
**Bob Walker**

**Pat King**  
**Rod Robertson**  
**Gary Waldron**

## Recreation Staff

Recreation Director:  
**Chris Watson**

Recreation Athletics  
and Aquatics Manager:  
**Jennifer Kashner**

Recreation Programs  
and Events Manager:  
**Amy Sisler**

Recreation Center  
Manager:  
**Jordan Taylor**

Recreation Supervisor:  
**Mary Singleton**

Administrative Assistant:  
**Paige Lutz**

Recreation Receptionist:  
**Melanie Cox**  
**Gayle Scott**

Recreation Specialists:  
**Madison Bass**  
**Lauren Snyder**

Recreation Attendants:

**Jeremy Bailey**  
**Kristen Barnett**  
**Mikayla Birdsong**  
**Dakota Ford**  
**Rudy Garcia**  
**Zach Herd**  
**Anna James**  
**Madeline Kime**  
**Matt Mendez**  
**Ashleigh Neally**  
**Nancy Philip**  
**Shana Sanders**  
**Cheryl Thompson**  
**Danielle Trauba**

Facility Maintenance:  
**Judy Arellano**





## Hurst Stars & Stripes

Wednesday, July 4 // 5:00-10:00PM  
Hurst Community Park, 601 Precinct Line Road

### Bands:

- Blue Water Highway Band
- Infinite Journey
- Emerald City

**Activities:** Children's Area featuring large inflatables, live music, food trucks, face painting, and of course FIREWORKS at approximately 9:30 p.m.!

For more information, call 817-788-7320.



## Mothers, Yoga & Tea

Saturday, May 12, 2018 // 9-11 a.m.  
 Central Park, 700 block of Mary Drive  
 \$5 per person, \$20 per family (no more than 6 per family)

Let's Celebrate MOM! Bring the whole family and join the city of Hurst for Yoga in the Park followed by tea and treats! There might even be a special something for the most important woman in your life! Tickets go on sale April 16, 2018 at the Hurst Recreation Center. (Space is limited)

## Father's Day BBQ by the Pool

Friday, June 15, 2018 // 6-8 p.m.  
 Central Aquatics Center, 715 Mary Drive  
 \$5 per person, \$20 per family (no more than 6 per family)

We can think of no better way to celebrate DAD than grilling out on a beautiful Texas night by the pool! Bring the whole family and enjoy food, swimming and fun! Plus a special something for Dad! Tickets go on sale May 14, 2018 at the Hurst Recreation Center. (Space is limited)

## Hurst Golden Couples

Saturday, June 16, 2018 // 5-7 p.m.  
 Hurst Senior Center, 837 W. Pipeline Road

In celebration of your 50+ years of matrimony, we invite you to attend the Golden Couples event. Please RSVP by June 4 to 817-788-7320. Special thanks to our event sponsors: Bice's Florist, Balloons Fantastique and Prints Charming.

## Fish Stockings at Chisholm Park

Neighborhood Fishin' offers fishing opportunities close to home. Texas Parks and Wildlife Department works in partnership with local governments to stock catfish and rainbow trout in small neighborhood lakes. These fish are fun to catch, and they're stocked frequently in season, so there's nearly always a fresh supply of fish available to take your bait. Over 5,500 fingerling channel catfish were stocked at Chisholm Park in 2017.

A few reminders: kids under 17 fish for free, but adults must have a fishing license with a freshwater stamp; fishing is allowed with poles only (no trotlines, traps, nets, etc.); daily bag limits and minimum lengths may apply. Visit [www.neighborhoodfishin.org](http://www.neighborhoodfishin.org) for specific rules, regulations and dates.

Need a fishing pole? Go to the Hurst Public Library at 901 Precinct Line Road where you can check one out for free with an adult library card.



### Catfish Stocking Schedule

April 20  
 May 4, 18  
 June 1, 15, 29  
 July 13, 27  
 September 7, 21  
 October 5, 19  
 November 2





# Aquatics

## Central Aquatics Center

Central Aquatics Center

715 Mary Drive

817-788-7327

### Hours of Operation:

#### May

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

#### June

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

#### July

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

#### August / September

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

● Noon-5 p.m.
 ● 10 a.m.-6 p.m.
 ● Noon-7 p.m.
 ● 10 a.m.-6 p.m.
 X Closed
 ● Dive In Movie

\* Central Aquatics closes on August 19. Please visit us at Chisholm Aquatics Center.

## Pavilion Rentals

Central Aquatics Center offers two pavilions for your family/group needs. Pavilion rentals **DO NOT include** admission. Admission is based on residency of the guests, NOT the party host. Pavilion rentals are booked through the Recreation Office located at the Hurst Recreation Center (700 Mary Drive, Hurst, TX 76053). **Call 817-788.7320** for additional information.

### Monday-Friday

May 28-August 3: Noon-3:00PM  
 \$40 per time slot  
 August 6-17: Noon-3:00PM  
 or 3:30-6:30PM  
 \$40 per time slot

### Saturday & Sunday

10:00AM-1:30PM or 2:00-5:30PM  
 \$40 per time slot

### Private Facility Rentals Hurst Residents ONLY

### Saturday & Sunday

7:00-9:00PM

\$750 (\$500 rental  
 + \$250 refundable deposit)

### Daily Admission Fees

Free - 12 months and younger  
 Free - 65 years and older  
 \$4 - Hurst residents \*, ages 1 - 64 years  
 \$10 - Non-residents, ages 1 - 64 years

## Season Passes

### ON SALE NOW!

#### Hurst residents \*

\$25 Individual • \$100 Family Pass (family of 5)

#### Non-residents

\$75 Individual • \$300 Family Pass (family of 5)

Families must reside at the same address; additional family members pay the individual rate.

Visit the Hurst Recreation Center  
 to purchase yours today!

\* Residents must show proof of residency in the form of a driver's license and Hurst water bill or will be charged the non-resident rate. Hurst Aquatics Center guests must pay the appropriate admission fee.



## Chisholm Aquatics Center

Chisholm Aquatics Center

2200 Norwood Drive

817-788-7250

### Hours of Operation:

#### May

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

#### June

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

#### July

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

#### August / September

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

● 10 a.m.-6 p.m. 
 ● Noon-8 p.m. 
 ● 10 a.m.-6 p.m. 
 X Closed

## Pavilion Rentals

Chisholm Aquatics Center offers five pavilions for your family/group needs. Pavilion rentals **DO NOT include** admission. Admission is based on residency of the guests, **NOT** the party host. Pavilion rentals are booked through the Recreation Office located at the Hurst Recreation Center (700 Mary Drive, Hurst, TX 76053). **Call 817-788.7320** for additional information.

### Monday-Friday

Noon-3:30PM or 4:00-7:30PM

Pavillion 1, 2, 3 and 5: \$40 per time slot  
 Pavillion 4: \$100 per time slot

### Saturday & Sunday

10:00AM-1:30PM or 2:00-5:30PM

Pavillion 1, 2, 3 and 5: \$40 per time slot  
 Pavillion 4: \$100 per time slot

## Private Facility Rentals Hurst Residents ONLY

### Saturday & Sunday

7:00-9:00PM

\$750 (\$500 rental  
 + \$250 refundable deposit)

## Daily Admission Fees

Free - 12 months and younger

Free - 65 years and older

\$4 - Hurst residents \*, ages 1 - 64 years

\$10 - Non-residents, ages 1 - 64 years

## Season Passes

### ON SALE NOW!

#### Hurst residents \*

\$25 Individual • \$100 Family Pass (family of 5)

#### Non-residents

\$75 Individual • \$300 Family Pass (family of 5)

Families must reside at the same address; additional family members pay the individual rate.

**Visit the Hurst Recreation Center  
to purchase yours today!**

\* Residents must show proof of residency in the form of a driver's license and Hurst water bill or will be charged the non-resident rate. Hurst Aquatics Center guests must pay the appropriate admission fee.

# Learn-to-Swim Class Registration

Walk-in registration beginning on **Monday, April 30**, is only open to those participants who are Hurst residents and reside within the Hurst city limits. Participants who reside in Fort Worth, North Richland Hills, and Euless, whose mail is delivered to a Hurst "address" are not eligible to register until May 14. Residency is defined by: living within the Hurst city limits, receiving a water bill from the City of Hurst, and paying property taxes to the City of Hurst. Non-residents will be able to register beginning on **Monday, May 14**.

**Registration for swim classes is conducted in person at the Hurst Recreation Center or online only. Class registration is not accepted by mail or fax for Learn-to-Swim.**

**Registration:** Residents, April 30 - 7:00AM  
Non-Residents, May 14 - 7:00AM

## Class Fees

\$30 - Hurst residents  
\$40 - non-residents

## First Day Evaluations

The LTS Coordinators and Instructors are trained to recognize proper swimming technique and ability. Students are evaluated on the first day of class and grouped by the appropriate level based on their ability.

## Registration/Class Transfer Deadline

The deadline to register or transfer a swimming class is Monday at 5 p.m., the week prior to the beginning of each session. Before enrolling your child in a class, please read the class descriptions thoroughly to ensure your child is in the appropriate class. Walk-in registration at the pool is not allowed.

## Weather Conditions and Make-Up Policy

In the event of inclement weather, please call the LTS Inclement Weather Information Line at 817-788-7323. It is possible that classes could be cancelled on a class-by-class basis, or for the entire morning. If possible, a safety day is conducted as this information is required for all classes. The second and third days in a session that classes are not conducted, Friday mornings are utilized. In the event that further classes are cancelled, they are cancelled entirely. This policy applies to all four sessions. The Learn to Swim Coordinator will provide make-up information as needed.

## Cancellation/Refund Deadline

In order to cancel out of and receive a refund for a Learn to Swim class, cancellations must be made by the Monday at 5:00 p.m., prior to the start of the session. Refunds will not be given after this point. Medical reasons will be considered with a Doctor's report. Please call 817-788-7325 for additional information.

## Swimwear Policy

All swimmers must be attired in an appropriate swimsuit in order to enter and remain in the aquatic facility. Bathing suits are designed to be quick drying and generally made from smooth nylon material. They are durable and hold up to wear from contact with pool chemicals. An appropriate swimsuit is defined as a swim garment with an affixed/sewn inner lining. Swimwear with exposed zippers, buckles, rivets or metal ornamentation are not permitted on play features or slides. Examples of apparel NOT permitted in the water include, but are not limited to: street clothes, sports bras (unless a dark shirt is worn) and denim jeans. Inappropriate attire damages our pumps, attractions, and chemicals. "Thong" bikinis or other revealing swim wear is not permitted. Any "lifeguard gear" is not allowed due to liability reasons.

## Group Reservation Policy

A group is defined as any person or entity, commercial or non-profit, who provides structured child care and/or activities. All "Groups" meeting this criteria are required to make a reservation, in person, at the Recreation Division administrative office, 700 Mary Drive, at least seven calendar days in advance of the desired date of their visit. "Groups" must comply with all components of the City of Hurst Group Reservation Policies.

## Drills Save Lives

Hurst participates in Vigilance Awareness Training. This training helps our guards to remain alert and to practice their skills during realistic scenarios. You may see lifeguard staff responding to staged scenarios during operating hours, including manikin drops, or other staff members posing as Guests in Distress. You may see us activate our Emergency Action Plan and respond accordingly. Managers may announce the drill once it begins. We appreciate your understanding. If you have any questions, please direct them to the Manager on Duty.

For more information, please contact the Recreation Administrative Office at 817-788-7320.

# Learn-to-Swim Class Registration

Participants will register by age, session, and time. The first day of class is a testing day and staff will separate participants by ability. Not all classes are offered at both facilities. Evening classes are only offered at Central Aquatics Center.

## STEP 1

Select your class as determined by age group.

### Parent Tot/Swim

**6 Months - 3 Years // Parent is in the water**  
Class orients young children to the water and prepares them to learn to swim in the preschool course. Parent/adult participation is required. Children who are not potty trained are asked to wear swim diapers.  
Weekday Morning: 9 a.m.; 9:45 a.m.  
Weekday Evening (Central only): 6 p.m.; 6:45 p.m.

### Pre-School

**3 - 5 Years // Parent is not in the water**  
Orients children to the water and teaches basic skills to gain independence and comfort in the water. Children should be potty trained; if not, swim diapers required. Participants should be able to follow direction from instructors.  
Weekday Morning: All times.  
Weekday Evening (Central only): All times.

### Beginner

**6 - 12 Years**  
Orients children to skills needed to independently move in the water. Guided practice is used to reinforce skills taught to the pace of the participants.  
Weekday Morning: All times.  
Weekday Evening (Central only): All times.

### Stroke Refinement

**10 - 13 Years // Prerequisites required**  
This class is designed for participants who have advanced skills but who may not be ready to join a swim team. \* **Prerequisites:** participants must show proficiency in front crawl, backstroke, breaststroke and have basic knowledge of butterfly; ability to swim back and forth across the pool in the aforementioned strokes. **NOTE: If participants can not meet the prerequisites on the first day of class, a refund will be issued.**  
Weekday Morning (Chisholm only): 10:30 a.m.; 11:15 a.m.

## STEP 2

Choose dates

Session 1: June 4-14  
Session 2: June 18-28  
Session 3: July 9-19  
Session 4: July 23-August 2

## STEP 3

Choose time

WEEKDAY MORNINGS (Both Facilities)	WEEKDAY EVENINGS (Central Only)
8:15-8:50AM	5:15-5:50PM
9:00-9:35AM	6:00-6:35PM
9:45-10:20AM	6:45-7:20PM
10:30-11:05AM	7:25-8:00PM
11:15-11:50AM	

Classes are Monday-Thursday, utilizing Fridays for weather make-up days.





## Adult Water Aerobics Central Aquatics Center

**Ages 16+**

Come splash into fitness! Water aerobics is an excellent low-impact way for men and women to get fit. Even arthritis sufferers can give this program a try! Participants will use resistance tools including buoyant water weights and swim noodles. Because it is low-impact, water aerobics is suitable for every fitness level from beginning exercisers through elite athletes. Minimal swimming skills and water comfort are required. Please bring a towel, personal water bottle and water shoes. Water depth is 3'6".

*Instructor: Cyndi Duff*

63200-A

7:35-8:15AM // MWF // 4WKS // 6/4-6/29 // \$60

63200-B

7:35-8:15AM // MWF // 4WKS // 7/9-8/3 // \$60

## Senior Water Time Chisholm Aquatic Center, River Pool

**Ages 65+**

This is unstructured time in the water for seniors ages 65 and older. No private lessons, trainers, therapists allowed. Participants must register in advance at the Hurst Recreation Center.

63400-A

7:30-8:15AM // TTh // 4WKS // 6/5-6/28 // FREE

63400-B

7:30-8:15AM // TTh // 4WKS // 7/10-8/2 // FREE

**NEW!**

## Private Swim Lessons Residents ONLY

Private Lessons: Receive one-on-one attention to enhance instruction of swimming skills for your child. Private lessons are held on Saturday mornings. **\$50**

**Session 1:** June 9, 16, 23, 30

**Session 2:** July 7, 14, 21, 28

**Times:**

8:00-8:30AM

8:35-9:05AM

9:10-9:40AM

**Day:**

Saturday – Central Aquatics Center Only  
(4 classes total)

**NEW!**

## Dive In Movie Despicable Me 3

**July 14**

**Central Aquatics Center - 715 Mary Drive**

**7:30-10:30PM** (Movie begins at sunset)

**\$5 per person/Season Pass Holders are FREE**

**Ages 12 Months and Under FREE**

Come kick back and relax at Central Aquatics Center for our NEW fun family event! Float in the pool while watching a movie on the big screen under the stars! Saturday night family fun that can't be beat!

**Concession stand will be open! For more information, please call 817-788-7320.**





## Summer Operating Hours

Monday-Thursday: 8:00AM-10:00PM

Friday-Sunday: 8:00AM-7:00PM

## Hurst Tennis Center

701 Mary Drive, Hurst, TX

817-788-7330

## Hurst Tennis Center Staff

*Tennis Attendants:*  
Austin Armstrong  
Sean Burke  
Ryan Crozier

*Head Professional:*  
Kelly Langdon, USPTA

*Tennis Instructors:*  
Cameron Bodily, USPTA  
John Schildt, USPTA  
Michael Seybold, USPTA  
Greg Smith

*Tennis Center Coordinator:*  
Austin Wynne, USPTA



- Lessons and team drills for all ages and abilities
- 10 lighted outdoor courts
- USRSA racquet stringers
- Ball machine rental
- USPTA-certified instructors available
- USTA adult leagues

## Upcoming Tournaments

USTA Hurst Junior Open  
April 7-8

July 1-day Challenger  
July 14

August 2-day Challenger  
August 11-12

USTA Hurst Adult Open  
December 8-9

## How About A Private Lesson?

The HTC Staff offers private lessons for those wanting more one-on-one accelerated learning.

*Lessons with City of Hurst Head Professional Kelly Langdon, USPTA or Tennis Center Coordinator Austin Wynne, USPTA*

\$35 Per Half Hour  
\$55 Per Hour  
\$200 Per Series of 4 Lessons

*Lessons with tennis instructors Greg Smith; Cameron Bodily, USPTA; John Schildt, USPTA; Mike Seybold, USPTA*

\$35 Per Half Hour  
\$55 Per Hour  
\$200 Per Series of 4 Lessons

The Tennis Center staff also offers group lessons: \$90 for 1½ hour group drills for league teams.

## Racquet Stringing

The Tennis Center has a large choice of strings and accessories for your racquet needs. We offer fast service and United States Racquet Stringers Association certified stringers on staff.



## Youth

### Quickstart Pee Wee Tennis Camp

6 Years and Under // 1 Can of Unopened Balls

Introduction to the game of tennis. Emphasis is placed on motor skills in a fun learning environment. Kids will learn basic strokes and play lots of fun games.

Instructors: Michael Seybold, USPTA and Staff

83700-A

9:45-10:30AM // TTh // 2DAYS // 6/12 // \$40

83700-B

9:45-10:30AM // TTh // 2DAYS // 6/26 // \$40

83700-C

9:45-10:30AM // TTh // 2DAYS // 7/10 // \$40

83700-D

9:45-10:30AM // TTh // 2DAYS // 7/24 // \$40

### Junior Beginner Tennis Camp

7+ Years // 1 Can of Unopened Balls

A fun camp for beginners. No experience necessary! Learn the forehand, backhand, serve and volley.

Instructors: Michael Seybold, USPTA and Staff

83710-B

10:30AM-Noon // M-Th // 4DAYS // 6/4 // \$72

83710-C

10:30AM-Noon // M-Th // 4DAYS // 6/11 // \$72

83710-D

10:30AM-Noon // M-Th // 4DAYS // 6/18 // \$72

83710-E

10:30AM-Noon // M-Th // 4DAYS // 6/25 // \$72

83710-F

10:30AM-Noon // M-Th // 4DAYS // 7/9 // \$72

83710-G

10:30AM-Noon // M-Th // 4DAYS // 7/16 // \$72

83710-H

10:30AM-Noon // M-Th // 4DAYS // 7/23 // \$72

83710-I

10:30AM-Noon // M-Th // 4DAYS // 7/30 // \$72

### Advanced Beginner/Intermediate Tennis Camp

10+ Years // 1 Can of Unopened Balls

Improve skills learned in Beginner Camp. Tactics, drills and fun are stressed.

Instructors: Michael Seybold, USPTA and Staff

83720-B

10:30AM-Noon // M-Th // 4DAYS // 6/4 // \$72

83720-C

10:30AM-Noon // M-Th // 4DAYS // 6/11 // \$72

83720-D

10:30AM-Noon // M-Th // 4DAYS // 6/18 // \$72

83720-E

10:30AM-Noon // M-Th // 4DAYS // 6/25 // \$72

83720-F

10:30AM-Noon // M-Th // 4DAYS // 7/9 // \$72

83720-G

10:30AM-Noon // M-Th // 4DAYS // 7/16 // \$72

83720-H

10:30AM-Noon // M-Th // 4DAYS // 7/23 // \$72

83720-I

10:30AM-Noon // M-Th // 4DAYS // 7/30 // \$72





## Junior Beginner Tennis & Swim Camp

7+ Years // 1 Can of Unopened Balls

A fun camp for beginners. Learn the forehand, backhand, serve and volley. Kids will eat lunch and enjoy the pool each day at the BRAND NEW Central Aquatics Center. Bring a sack

lunch and drink every day. Ages 7 and up.

*Instructors: Michael Seybold, USPTA and Staff*

83810-B

10:30AM-1:30PM // M-Th // 4DAYS // 6/4 // \$88

83810-C

10:30AM-1:30PM // M-Th // 4DAYS // 6/11 // \$88

83810-D

10:30AM-1:30PM // M-Th // 4DAYS // 6/18 // \$88

83810-E

10:30AM-1:30PM // M-Th // 4DAYS // 6/25 // \$88

83810-F

10:30AM-1:30PM // M-Th // 4DAYS // 7/9 // \$88

83810-G

10:30AM-1:30PM // M-Th // 4DAYS // 7/16 // \$88

83810-H

10:30AM-1:30PM // M-Th // 4DAYS // 7/23 // \$88

83810-I

10:30AM-1:30PM // M-Th // 4DAYS // 7/30 // \$88

## Advanced Beginner /Intermediate Tennis & Swim Camp

12+ Years // 1 Can of Unopened Balls

Introduction to tactics and drills. Player development and fun are stressed. Kids will eat lunch and enjoy the BRAND NEW Central Aquatics Center. Bring a sack lunch and drink every day. Ages 12 and up.

*Instructors: Michael Seybold, USPTA; Bryan Combest, USPTA and Staff*

83820-B

10:30AM-1:30PM // M-Th // 4DAYS // 6/4 // \$88

83820-C

10:30AM-1:30PM // M-Th // 4DAYS // 6/11 // \$88

83820-D

10:30AM-1:30PM // M-Th // 4DAYS // 6/18 // \$88

83820-E

10:30AM-1:30PM // M-Th // 4DAYS // 6/25 // \$88

83820-F

10:30AM-1:30PM // M-Th // 4DAYS // 7/9 // \$88

83820-G

10:30AM-1:30PM // M-Th // 4DAYS // 7/16 // \$88

83820-H

10:30AM-1:30PM // M-Th // 4DAYS // 7/23 // \$88

83820-I

10:30AM-1:30PM // M-Th // 4DAYS // 7/30 // \$88

## Evening Classes

### Junior Beginner Tennis Camp

#### 7+ Years // 1 Can of Unopened Balls

A fun class for beginners. Learn the forehand, backhand, serve and volley. Kids will play plenty of fun games.

*Instructors: Kelly Langdon, USPTA and Staff*

83503-A

5:30-7:00PM // W // 4WKS // 6/6 // \$72

83503-B

5:30-7:00PM // W // 4WKS // 7/11 // \$72

83503-C

5:30-7:00PM // W // 4WKS // 8/8 // \$72

### Advanced Beginner/Intermediate Tennis

#### 12+ Years // 1 Can of Unopened Balls

Introduction to tactics and drills. Player development and fun are stressed.

*Instructors: Michael Seybold, USPTA; John Schlidt, USPTA and Staff*

83507-A

5:30-7:00PM // Th // 4WKS // 6/7 // \$72

83507-B

5:30-7:00PM // Th // 4WKS // 7/12 // \$72

83507-C

5:30-7:00PM // Th // 4WKS // 8/9 // \$72

## Adult

### Adult Beginner Tennis Clinic

#### 1 Can of Unopened Balls

Just for adults! Learn basic strokes, scoring and strategy. Bring one can of new unopened balls to first class.

*Instructors: Kelly Langdon, USPTA; John Schlidt, USPTA and Staff*

83505-A

7:00-8:30PM // W // 4WKS // 6/6 // \$72

82505-B

7:00-8:30PM // W // 4WKS // 7/11 // \$72

82505-C

7:00-8:30PM // W // 4WKS // 8/8 // \$72

### Adult Advanced Beginner/Intermediate Tennis Clinic

#### 1 Can of Unopened Balls

This class is for adults who want to build on existing skills. You will practice all shots and learn techniques and tactics.

*Instructors: Kelly Langdon, USPTA; John Schlidt, USPTA and Staff*

83506-A

7:00-8:30PM // W // 4WKS // 6/6 // \$72

83506-B

7:00-8:30PM // W // 4WKS // 7/11 // \$72

83506-C

7:00-8:30PM // W // 4WKS // 8/8 // \$72

### 4.0 Men's Open Drills

#### 1 Can of Unopened Balls

This drill class is designed to work on both singles and doubles point play situations. Get a great workout while getting ready for your next match. A minimum of three (3) players is needed for the drill to make. Please call and register no later than 24 hours in advance. Players should contact the Hurst Tennis Center on Thursday to ensure the class will meet.

*Instructors: Kelly Langdon, USPTA, Austin Wynne, USPTA and John Schlidt, USPTA*

83444

7:00-8:30PM // TH // Weekly // 6/1 // \$12

### Attention Tennis Players!

Those looking for a steady practice partner can rent the Hurst Tennis Center's ball machine. It's available for rent seven days a week. The cost is \$10 per hour or \$6 for 30 minutes (tennis balls included). Due to court availability, please reserve the ball machine three days in advance.



## Taking Care of City Parks

We make sure our crews inspect our parks on a regular basis, however, litter and vandalism still may occur and additional maintenance may be needed between crew visits. The next time you visit one of our parks and you notice anything that needs attention, please notify the Parks Department at 817-788-7220.

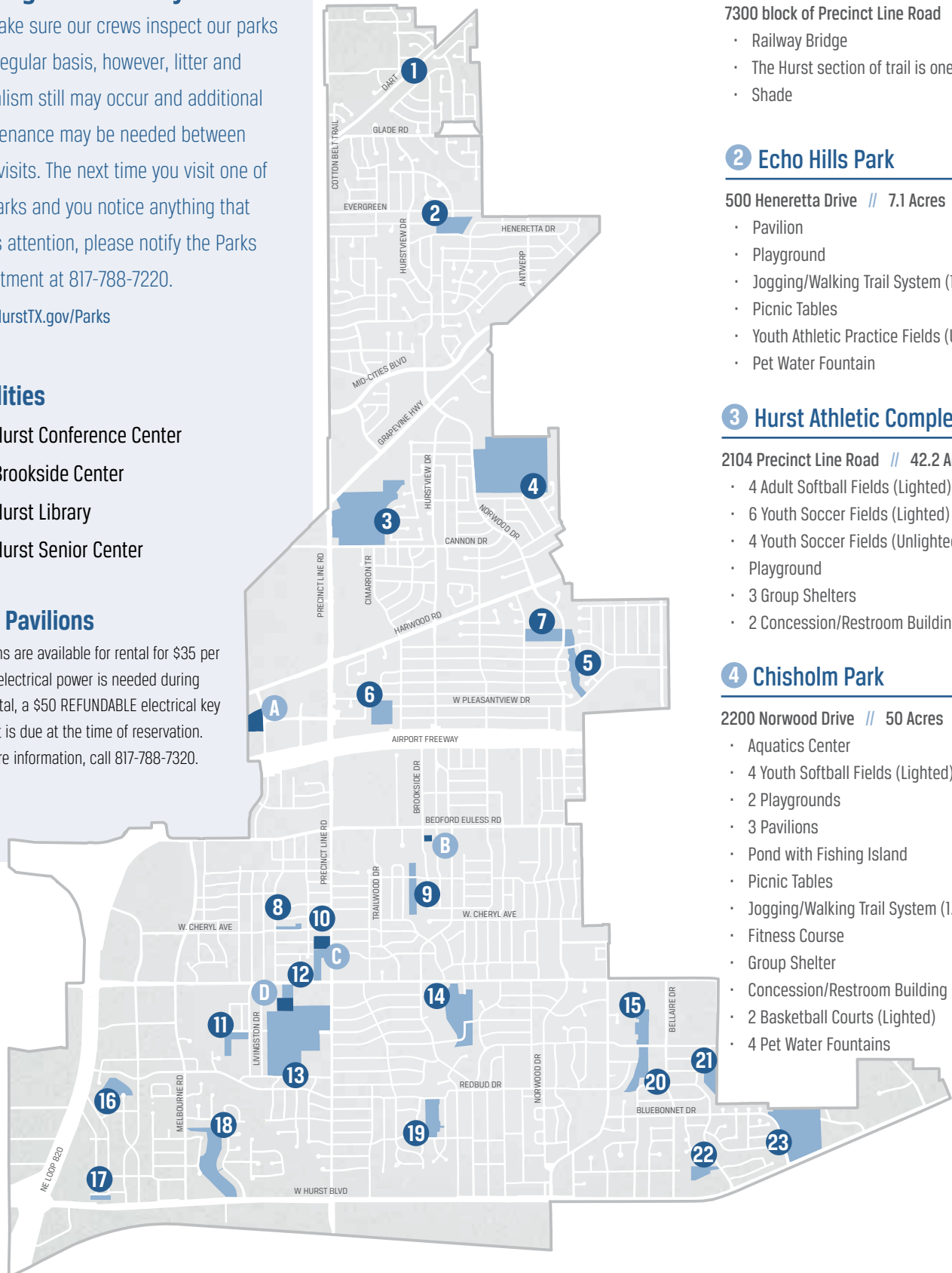
[www.HurstTX.gov/Parks](http://www.HurstTX.gov/Parks)

### Facilities

- A** Hurst Conference Center
- B** Brookside Center
- C** Hurst Library
- D** Hurst Senior Center

### Park Pavilions

Pavilions are available for rental for \$35 per day. If electrical power is needed during the rental, a \$50 REFUNDABLE electrical key deposit is due at the time of reservation. For more information, call 817-788-7320.



### 1 Cotton Belt Trail

7300 block of Precinct Line Road

- Railway Bridge
- The Hurst section of trail is one mile
- Shade

### 2 Echo Hills Park

500 Heneretta Drive // 7.1 Acres

- Pavilion
- Playground
- Jogging/Walking Trail System (1/3 mile)
- Picnic Tables
- Youth Athletic Practice Fields (Unlighted)
- Pet Water Fountain

### 3 Hurst Athletic Complex

2104 Precinct Line Road // 42.2 Acres

- 4 Adult Softball Fields (Lighted)
- 6 Youth Soccer Fields (Lighted)
- 4 Youth Soccer Fields (Unlighted)
- Playground
- 3 Group Shelters
- 2 Concession/Restroom Buildings

### 4 Chisholm Park

2200 Norwood Drive // 50 Acres

- Aquatics Center
- 4 Youth Softball Fields (Lighted)
- 2 Playgrounds
- 3 Pavilions
- Pond with Fishing Island
- Picnic Tables
- Jogging/Walking Trail System (1.5 miles)
- Fitness Course
- Group Shelter
- Concession/Restroom Building
- 2 Basketball Courts (Lighted)
- 4 Pet Water Fountains

## 5 Mayfair Linear Park

1725 Norwood Drive // 8.3 Acres

## 6 Smith-Barfield Park

640 Pleasantview Drive // 6.9 Acres

- Youth Baseball/Softball Field (Lighted)
- 2 Tennis Courts (Lighted)
- Youth Athletic Practice Field (Unlighted)
- Playground
- Pavilion
- Picnic Tables
- Restrooms
- 2 Pet Water Fountains

## 7 Mayfair Park

1725 Norwood Drive // 14.4 Acres

- Pavilion
- Playground
- Jogging/Walking Trail System (1/4 mile)
- Youth Athletic Fields (Unlighted)
- Pet Water Fountain

## 8 Windmill Park

840 W. Cheryl Avenue // 2 Acres

- Historical Marker

## 9 Valentine Park

610 Bedford Court West // 4 Acres

- Youth Athletic Practice Field (Unlighted)

## 10 Library Park

901 Precinct Line Road

- Pavillion

## 11 Hurst Hills Park

575 Billie Ruth Lane // 4 Acres

## 12 Heritage Village Park

841 W. Pipeline Road

- Historical Plaza
- Picnic Table
- 2 Decorative Water Fountains

## 13 Hurst Community Park

601 Precinct Line Road // 44.9 Acres

- 4 Youth Baseball Fields (Lighted)
- 2 Youth Soccer Fields (Lighted)
- 2 Sand Volleyball Courts (Lighted)
- Pavilion
- 2 Playgrounds
- Multi-Use Trail System (1 mile)
- Picnic Tables
- Wooded Natural Area
- Open Field Play Area
- Concession/Restroom Building
- 2 Group Shelters
- 2 Pet Water Fountains

## 14 Central Park

700 block of Mary Drive // 17.5 Acres

- Recreation Center
- Aquatics Center
- Tennis Center (10 Lighted Courts)
- 2 Pavilions
- Playground
- Picnic Tables
- 2 Outdoor Basketball Courts (Lighted)
- Pet Water Fountain

## 15 Vivagene Copeland Park

501 Pecan Drive // 5.2 Acres

- Pavilion
- Playground
- Multi-Use Trail System (1/3 mile)
- Open Field Play Area
- 3 Outdoor Basketball Courts (Lighted)
- Pet Water Fountain

## 16 Jaycee-Baker Park

500 Belmont Drive // 4.1 Acres

- Playground
- Picnic Tables
- Pavilion
- Youth Athletic Practice Fields (Unlighted)
- Pet Water Fountain

## 17 Parker Cemetery

1308 Cardinal Lane

## 18 Billy Creek Park

161 Billy Creek Drive

## 19 Redbud Park

525 Redbud Drive // 7.2 Acres

- Soccer Field (Unlighted)
- Playground
- Jogging/Walking Trail System (1/3 miles)
- Picnic Tables
- Fitness Course
- Pavilion
- Pet Water Fountain

## 20 Bellaire Park

500 Pecan Drive // 6.4 Acres

- Playground
- Youth Baseball/Softball Field (Lighted)
- Jogging/Walking Trail System (1/3 mile)
- Pet Water Fountain

## 21 Wan-Ka-Kani Park

748 Shadylane // 4.1 Acres

- Picnic Tables

## 22 Highway 10 Linear Park

188 Arwine Drive

- Hurst's undeveloped park land

## 23 Rickel Park

1001 Bluebonnet Drive // 29 Acres

- 2 Pavilions
- Picnic Tables
- Nature Trails
- Scenic Overlook
- Winding Stream with 2 Bridges
- Jogging/Walking Trail System (1/2 mile)
- Playground
- 2 Pet Water Fountains



City of Hurst  
1505 Precinct Line Rd.  
Hurst, TX 76054

PRESORTED STANDARD  
U.S. POSTAGE PAID  
HURST, TX PERMIT NO. 21

## *Summer 2018*

### RECREATION CLASS SCHEDULE

The Hurst Recreation Division is dedicated to improving the quality of life for citizens of all ages by providing a variety of recreational activities, special events, facilities and services that encourage life-long learning, fitness and fun.

